

# CAFETERIA CONNECTION

Connecting you to your  
child's school lunchroom



## SCHOOL'S OUT & **FREE** SUMMER MEALS ARE IN!

As summer begins, you and your family are more than likely changing up your usual school year routines. Activities, sports and summer camps take the place of school. Kids' sleep schedules probably shift: later bedtimes and the opportunity to sleep in. Maybe you're planning to finally take that family getaway?

One routine that doesn't need to change is your child's access to regular, healthy meals. **Help us spread the word** that when school's out, free summer meals for kids are in!

That's right, **many schools and nonprofit organizations nationwide provide free summer meals to all kids 18 and under throughout the summer.** The USDA funds these meals to ensure kids and teens have access to meals during June, July and August at no charge to families regardless of income.

### WHAT DO I NEED TO KNOW?

- No application or proof of income necessary.
- Free for all kids and teens 18 and under.
- Simply show up at at designated location during the posted hours for a free meal. To find a site near you or to wherever you may be traveling this summer, see the *Site Locator* resources.

**Please help us spread the word!** Tell your family, friends and neighbors about this awesome opportunity!

### U.S. SITE LOCATOR:

**Text:** "summer meals" or "verano"  
to 914-342-7744

**Scan:**



### MINNESOTA SITE LOCATOR:

**Call:** 651-291-0211 or 1-800-543-7709  
(TTY: 651-291-8440)



### Free Meals for Kids App:

Download for  
free from the  
app store  
for your  
device.



**CKC** Good Food<sup>®</sup>

Nourishing bodies, minds and cultures.™