



# Good for You!

## Free Summer Meals Rock for Kids

For many kids, summertime means fun, friends and food! For families who count on school breakfast and lunch, however, the summer months can be stressful and family food budgets have to be stretched even further. Free summer meals and snacks, funded by the USDA, are available to help.

The USDA Summer Food Service Program provides free meals and snacks to all children and teens (18 years and younger) during the summer months. Children and teens must simply show up at the site to eat their meal. *No proof of income, address or citizenship is ever required.*



Many summer meals sites offer fun learning and recreational activities so kids and teens can eat a healthy meal while staying active and being with friends. Sites are also registered with the USDA and are held at safe local places like schools, churches, parks, and community centers. For the site nearest you, see page 2 of this newsletter.

### Free Summer Meal Program Details:

- Meals are FREE to children and teens ages 18 and younger who come to a summer meals site.
- Free summer meals help families save money and stretch their already tight food budgets.
- Food served is healthy and follows USDA nutrition guidelines.
- Summer meals sites are at fun, safe places for kids and teens to be active and visit with friends.
- No application or proof of income needed.



Search for "Kansas FNP" on Facebook to learn more about eating well and saving money.

## Summer Site Information

Site information, including meals served, dates, and times of service will vary by location. Information on sites serving free meals in your community will be available as the school year is ending and summer is about to begin.

Summer should be a stress-free time that includes nutritious foods, fun and friends.

### *To find Free Summer Meals near you:*

- Call 2-1-1 or 1-866-3HUNGRY
- Text 'Food' to 877-877
- Visit [https://svvappcnw.ksde.org/SFSPLocationsASP/SFSP/SFSP\\_Menus/SFSP\\_Locations.asp](https://svvappcnw.ksde.org/SFSPLocationsASP/SFSP/SFSP_Menus/SFSP_Locations.asp)

### **Breakfast at School – The Fuel for School**

Families don't always have the time or resources to prepare breakfast for their child before school. Participating in the school breakfast program can help recapture that time, and it can also provide relief to your household budget during these times of rising food costs. So instead of rushing your child through breakfast at home, try sending him or her to school for breakfast instead.

#### *School breakfast helps kids:*

- Improve their grades
- Pay better attention in school and concentrate on school work
- Decrease behavior problems, tardiness and visits to the school nurse
- Improve classroom behavior

Plus, it saves you time and ensures a tasty and healthy breakfast for your child!

School breakfast is open to all students! Households who are eligible for free or reduced price School Lunch are also eligible for free or reduced price School Breakfast. Encourage your child to try school breakfast so they are fueled up and ready to tackle their day!



**K-STATE**  
Research and Extension



This material is funded by USDA SNAP. USDA is an equal opportunity employer and provider. SNAP provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. For information, call 1-888-369-4777.

**For more information, contact your local Extension Office**