

# FREE SUMMER MEALS

This summer will be unlike any other. More families than ever before may need help finding meals for their kids.

One thing hasn't changed: We will continue to have **free meals and snacks for ALL kids & teens** 18 and under through the Summer Meals Program.



second harvest  
**HEARTLAND**  
Food changes everything.™



Food and snacks available vary by site. Varying by location, parents and caregivers may be able to pick up food on behalf of children who are not present.

- 1.** Use the app **FREE MEALS FOR KIDS** to find a meal site.
- 2. SHOW UP** during the meal site's times of service.
  - **Curbside pickup and grab-and-go** options available
  - **Bundled meals** means fewer visits to pick up needed food
- 3. EAT!** No identification or registration required.