



## Summer Meals Fact Sheet

Summer Meals is a collaborative effort that exists to make sure every child in the City of Rochester can get a free and healthy meal all summer long, when they don't have access to school meals. The City of Rochester, Foodlink and the Rochester City School District provide meals for Summer Meals locations.

### Key messages to share in the community:

1. **General** - Kids and teens in your neighborhood can get a delicious meal for free, and have a safe place to hang out with their friends. Dial 2-1-1 and ask about a Summer Meals location near you.
2. **For parents** - Let Summer Meals help make sure your kids are eating healthy and staying active this summer, so you can focus on other important family needs. Dial 2-1-1 to find a meal near you.
3. **For Parents** - Kids who eat healthy and stay active during the summer will maintain more of what they learned in school that year and will be better prepared for school once the summer is over.
4. **For kids** - Summer Meals sites are a great place to get a free meal, participate in fun summer activities, and hang out with friends. Visit your local rec center or have a parent dial 2-1-1 to find the nearest Summer Meals location.

### Questions you may be asked:

#### Q: What is a Summer Meals site?

A: Many R-Centers, schools, churches, and community organizations are locations where summer meals are served. A complete list will be available after June 15<sup>th</sup> by dialing 2-1-1 or visiting [www.healthikids.org](http://www.healthikids.org).

#### Q: What locations can youth visit for meals?

A: All R-Centers, summer school locations, and any site listed at [healthikids.org](http://healthikids.org) and 2-1-1/Lifeline are **"open"** sites where any child is welcome. Some sites, not listed, are considered **"closed"** sites where only youth who are a part of that program can get a meal.

#### Q: Who is eligible for meals?

A: All city residents 18 years old and younger

#### Q: Does my child need to fill out paperwork to get a free meal?

A: No, there is no paperwork involved. Kids can just show up during mealtime and will be served a meal.

#### Q: Does my child need to go to sites in our own neighborhoods?

A: No, they can go to any **"open"** site across the City for a meal.

#### Q: Can my child get meals at any time?

A: No, sites have specific times when they serve meals and not all sites serve at the same time. The days of the week that sites serve meals may be different and meals are not served on Saturday or Sunday at any site. Dial 2-1-1 or visit [www.healthikids.org](http://www.healthikids.org) for a complete list of days, times, and locations.

#### Q: What are some examples of meals served at sites?

A: Breakfast, lunch and snacks may be offered at sites. Breakfast items may include whole grain cereal, yogurt, muffins, granola bars, and fruit. Lunch items may include sandwiches, wraps, salads, fruit, and vegetables.

#### Q: Can I eat with my child?

A: Adults can bring their own meals and eat with their kids but **CANNOT** eat meals provided by the site.

#### Q: Can my child bring meals home for their siblings or friends?

A: No, meals need to be eaten on site where the child receives them. But they can ask their siblings and friends to come along and get a free meal at the summer meals site.

#### Q: Can I bring a group of kids to an "open" site during mealtime?

A: Yes, but sites predict the number of meals they need based on past participation, so they may not have enough the first time you go. You could contact a site in advance so they know you plan to bring a larger group.

If you have questions or concerns, please contact:

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1-888-324-1571  
[aaronlattanzio@flhsa.org](mailto:aaronlattanzio@flhsa.org)

After June 15<sup>th</sup>,  
Dial 2-1-1 or  
Visit [www.healthikids.org](http://www.healthikids.org)