

## Frequently Asked Questions

### **What are summer meals programs?**

Summer meals programs are funded by the USDA and designed to provide children and teens ages 18 and under with nutritious meals during the summer months when school is out of session.

### **What are the requirements for my child or teen to receive a meal? Do I have to fill out an application form?**

There is no application or registration required to receive a meal. Just show up!

### **Do meals have to be eaten on-site?**

Yes. Due to federal regulations, all meals must be consumed on-site. Children can take one fruit, vegetable, or grain item from their meal off-site to eat later.

### **Is there a cost?**

No. All summer meals offered through the USDA's programs are free to all kids and teens ages 18 and under.

### **Can parents or guardians pick up meals on behalf of their kids?**

No. Due to changes at the federal level, parents and caregivers can no longer pick up meals on behalf of their kids, and meals must be consumed on-site. However, many meal sites include fun activities for kids and the whole family

### **How do I find a summer meals site in my community?**

To find meal sites near you, download the **Free Meals for Kids** app to your phone or device or call the MN Food Helpline at 1-888-711-1151. Available M-F 10 am-5 pm.

### **What kind of food is served at these sites?**

The meals served are nutritious and meet USDA guidelines. A typical

lunch, for example, could include a turkey sandwich on wheat bread, milk, an apple, and a salad. Check back soon to view our menu.

**Who funds free summer meals?**

Summer meals programs are federally funded by the USDA through the Summer Food Service Program and the National School Lunch Program Seamless Summer Option.

**What else can I do to help?** You can share information about free summer meals on social media; with friends; family members and neighbors; and with any community groups or faith-based congregations that you belong to.

Have other questions? Please contact Sara Meihak at [smeihak@nrheg.k12.mn.us](mailto:smeihak@nrheg.k12.mn.us) or call 507-417-2633.