

SUMMER PROGRAM 2025

June 26, 2025

Dear Parents or Guardians,

For many kids, summertime means food, friends and fun. 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, funded by the USDA, are available to kids and teens ages 18 and younger at summer meals sites across Freeport, New York

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 and community centers.

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 will 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. You can just bring your child to a summer meals site in your community

If you or someone you know is interested, go to WEBSITE or call 1-516-379-0900 to find a site and learn more.

Sincerely,



Gregory Ingino,
Executive Director

GI/mrs

Find your **balance** between food & fun!

fruits

vegetables

grains

protein

dairy

Eat well.
Be active.
Have fun.

MyPlate

For your personal plan go to:
ChooseMyPlate.gov

Original
"Summer
Package"