



When school is out for the summer, meals will still be in session.

Learn how to get free summer meals.

SUN MEALS Summer Food Program: Food, Friends and Fun

Frequently Asked Questions

What are SUN MEALS summer food programs? SUN MEALS are a federal child nutrition programs funded by the USDA and designed to provide kids and teens ages 18 and under healthy meals during the months of June, July, and August when school is out.

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 necessary to receive a meal and you do not have to show proof of income. Kids and teens ages 18 and younger can just show up at a SUN MEALS site during the site's hours of operation.

Is there a cost? No. All SUN MEALS offered through the USDA's programs are FREE to all kids and teens ages 18 and younger.

How do I find a SUN MEALS site in my community? Summer meals sites are in the community at safe, supervised places like churches, schools and community centers.

To find a SUN MEALS site near you:

Call 211

Text "Summer" or "VERANO" to 914-342-7744

Call 1-866-3-Hungry or 1-877-8-Hambre

What kind of food is served at these sites? The meals served are healthy and meet federal nutrition guidelines. A typical lunch, for example, may include a turkey sandwich on wheat bread, milk, an apple and a salad.

There is no SUN MEAL site in my area. What can I do to be sure that one is available for the children in my area next summer? If there are no SUN MEAL sites in your community, we can HELP. If you attend The Cardy Day Academy, call 610-478-8266 or email kfronina@choreading.org.

What else can I do to help? You can share information about free SUN MEALS summer food program with your friends, neighbors and family members.

Who funds free SUN MEALS? SUN MEALS summer food programs are funded by the USDA through the Summer Food Service Program and the National School Lunch Program and are administered by the PA State Department of Education.

Have other questions? Please contact The Cardy Day Academy at: 610-478-8266 or email kfronina@choreading.org.