

Summer Meals Message to Parents/Caregivers

Re: Free food, fun for kids all summer long!

Free summer meals are available to kids and teens across Monmouth County. 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.

Meals are free to children and teens ages 18 and younger and follow federal nutrition guidelines. At open sites, parents do not need to apply to the program or show proof of income to get a free summer meal for their kids. Simply bring your child to a summer meals site in your community.

To locate open meal sites, text “summer meals” to 97779, visit <https://www.fns.usda.gov/summerfoodrocks> or e-mail SFSPCommunication@ag.state.nj.us.

