

# Find Summer Meals in Your Community

Nutritious free meals are available for children and teens 18 and younger at many locations throughout the nation throughout the summer while school is out of session.

Good nutrition is essential for learning in school. Continuous healthy eating habits are also important during the long hot summer months. Eating nutritious foods help ensure students retain their hard learned knowledge...and to help them to keep right on learning throughout the summer. For many of these children, summer vacation can bring the temptation of eating empty calorie snacks and foods that are high in sugar, fats and sodium. And for many others, summer exposes students to an increased risk of hunger and developmental decline. Make seasonal fruit and vegetables a high priority for your snacks, meals and anytime.

Summertime is a time to play hard...but it is also a time to remember to eat right. Make sure good nutrition remains a priority all summer long, and students will return to school in the fall healthy, sharp and ready to learn.

Maritime Academy will be offering free summer meals at the Middle School location from July 1, 2019 –August 13, 2019.

The Middle School is located at 2275 Bridge Street Philadelphia, PA 19137.

**For the closest location to you, please call the Summer Meals Program hotline number at 1-866-348-6479 between 8:00am-8:00pm.**

Or click the link below to find a Summer Feeding Site near you!

<http://www.fns.usda.gov/summerfoodrocks>