



# Free Summer Meals for Children and Teens!

This summer, children and teens can get FREE, nutritious meals through Summer Meals at locations all across Michigan. No sign-up and no cost, just show up and enjoy!

## Benefits of Summer Meals

- **Healthy Food:** Enjoy a variety of meals and snacks at approved meal sites, at no cost to families.
- **Neighborhood Locations:** Find meal sites closest to you where children can eat and spend time with other children.
- **Summer Support:** Get meals throughout the summer.

## Learn More!

Scan to find a food site near you!



Or visit: [mcgi.state.mi.us/schoolnutrition/](https://mcgi.state.mi.us/schoolnutrition/)

MEET UP  EAT UP™

**SUN**   
**MEALS**