

School is out but meals are not!

The CT Summer Meals Program is federally funded by the USDA and state-administered by the [Connecticut State Department of Education](#) (CSDE). The program provides free, nutritious meals to kids during summer break. Summer Meals meet federal nutrition guidelines and are composed of milk, fruits, vegetables, grains, and meat or another protein. Summer Meals are offered at hundreds of sites around the state from June to late August, serving combinations of breakfast, lunch, dinner, and snacks. Meals are free to any child age 18-and-under, no questions asked.

If you are interested in free Summer Meals for Kids please visit...

<https://www.endhungerct.org/services/summer-meals/> or call 211

for information about where they can be located!