



· VIRGINIA ·

# Hunger Solutions

## Information for Parents and Kids

**W**hen school is out for the summer, meals will still be in session.  
Learn how to get free summer meals.

### **1. What is the Virginia Summer Food Service Program?**

The Virginia Summer Food Service Program is a federal nutrition program designed to feed children free, nutritious meals and snacks from the months of June to August when school is out.

### **2. Is there a cost?**

The Virginia Summer Food Service Program is FREE to all children ages 18 and younger.

### **3. How do I find a Virginia Summer Food Service Program site in my area?**

Click [here](#) or call 2-1-1.

### **4. What are the requirements for my child to receive a meal? Do I have to fill out an application form?**

There is no application necessary to receive a meal. Children ages 18 and younger can show up at a Virginia Free Summer Meal site during meal time.

### **5. What kind of food is served at these sites?**

Virginia Summer Food Service Program sites serve nutritionally balanced meals that meet USDA guidelines. A typical lunch, will include a turkey sandwich on wheat bread, milk, an apple, and a salad.

### **6. Do summer meal sites offer activities?**

Many sites offer safe, fun, and enriching activities. To find out the type of activities offered, call the site.

### **7. Who funds the Summer Food Service Program?**

The Virginia Summer Food Service Program is federally funded under the U.S. Department of Agriculture (USDA) and administered by the Virginia Department of Health.

**Please share information about the Virginia Summer Food Service Program with your friends, neighbors, and family members.**

Learn more at [www.vahungersolutions.org](http://www.vahungersolutions.org)