

# SUMMER MEALS RESOURCE GUIDE



## FIND MEAL SITES



**CAPITAL REGION**  
518SummerMeals.org



**NEW YORK STATE**  
SummerMealsNY.org



### CALL 211

Call 2-1-1 anytime, 24/7 to find a meal site or get connected to local resources in your area.



### TEXT 211

Text your Zip Code to 898-211. Available M-F from 7 AM- 4 PM. Message and data rates may apply.

The Summer Meals Collaborative is a partnership of 25+ organizations working together to expand the impact of the Summer Food Service Program (SFSP) at over 70 sites across nine counties in New York's Greater Capital Region.

**Our mission is to make the Greater Capital Region the BEST place to be a kid in the summer!**

### WHERE CAN I FIND MEAL SITES

Meal sites are at nearby places like parks, community centers and libraries. Meals vary, but all include nutritious foods like fruits, vegetables, grains and protein.

### WHO IS ELIGIBLE

During the summer, all kids and teens ages 18 and under can get free, nutritious meals at Summer Meals sites. Most sites don't require any sign-ups or commitment. Just show up!

### WHAT CAN KIDS DO AT SITES

Kids can play, create, and grow through fun, hands-on activities. From sports, games, and music, to arts and crafts, nearly every site offers engaging programs that keep children active, social, and inspired all summer long.

### WHAT IS SUMMER EBT

Summer EBT (S-EBT) helps families with school-age kids buy food during the summer. Most eligible children will automatically receive \$120 each in Summer EBT, but some families may need to apply.

### WHO CAN I CONTACT FOR MORE

Wear your ambassador shirt anywhere, anytime! It is meant to spark conversation to help spread the word about this program. Our mission is to reach and feed as many eligible children as possible throughout New York & the Greater Capital Region.

**Come Together. Eat Together. Have Fun Together!**



**SUMMER MEALS COLLABORATIVE**

