

Having trouble viewing this email? [View it as a Web page.](#)



For immediate release
June 23, 2022

N.C. Summer Nutrition Programs Offer Free Food, Fitness and Fun for Kids

More than 900,000 North Carolina students rely on the nutritious meals and snacks served during the school year through the School Breakfast, School Lunch, and Afterschool Meals Programs. When school is out, Summer Nutrition Programs provide free, nutritious meals for children and adolescents ages 18 and younger.

As part of recovery from the ongoing pandemic, more families are struggling with hunger. Assistance with outreach regarding summer meals is needed to ensure no child goes hungry. To find free, nutritious summer meals near you for kids and teens who are ages 18 and younger:

- Text "Food" to 304-304 for information in English or "COMIDA" to 304-304 for information in Spanish.
- Use the N.C. Site Finder Map, <https://bit.ly/3MhnX1S>.
- Check your local school district website, social media, or other communications.
- Learn more at <http://summermeals4nckids.org>.

For summer 2022, meals need to be eaten on-site and children must be present to receive food. In addition to nutritious meals, N.C. Summer Nutrition Programs also provide fitness and fun through educational enrichment. To find out about activities offered by Summer Nutrition Programs near you, search #NCSummerMeals on social media. Summer Nutrition mascot Ray F. Sun may visit a summer meals event in your community. The "F" in Ray's name signifies the food, fitness, and fun that take place throughout North Carolina as part of N.C. Summer Nutrition Programs. Follow @Ray4NCKids on social media to learn where Ray will be next.

N.C. Summer Nutrition Programs are administered by the N.C. Department of Public Instruction (NCDPI), with federal assistance from the U.S. Department of Agriculture (USDA). Summer Nutrition Programs are typically located in economically distressed areas to serve the most food-insecure, vulnerable students. Meal sites may be located at schools, public housing centers, playgrounds, camps, parks, medical centers, faith-based facilities, libraries and other locations. Meals are served to eligible children at no cost. Registration and ID are not required.

Additional information regarding N.C. Summer Nutrition Programs may be found on the NCDPI, Office of School Nutrition [website](#). Citizens and organizations interested in getting involved as sites, activity providers, or volunteers should contact the NCDPI Summer Nutrition Programs Team at summernutritionprogram@dpi.nc.gov.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) (833) 256-1665 or (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.