

# POWER UP This Summer with SUN Meals!

You can help fuel your kids' summer fun with SUN Meals. Designed to keep children energized instead of hungry, these delicious summer meals pack nutrition and plenty of summer smiles.

SUN Meals are available to all Iowa kids and teens ages 18 years old and younger. Meals are free of charge and served at various community locations throughout the summer break. Find your nearest meal site today and join us for a meal this summer!

## By Phone:

Call 2-1-1

Call 1-866-3-HUNGRY (1-866-348-6479), English

Call 1-877-8-HAMBRE (1-877-842-6273), Spanish

## By Text:

Text "Summer Meals" to 914-342-7744

## Online:

Visit [fns.usda.gov/summer/sitefinder](https://fns.usda.gov/summer/sitefinder)

Children may also be eligible for SUN Bucks, a separate program that provides grocery benefits over the summer months. Learn more at [hhs.iowa.gov/sunbucks](https://hhs.iowa.gov/sunbucks)



 [fns.usda.gov/summer/sitefinder](https://fns.usda.gov/summer/sitefinder)  
 [X.com/USDA\\_FNS](https://X.com/USDA_FNS)

Scan to find out  
about meal options  
in your area.

