



See you this summer!



At Summer Meal Meet-Ups, anyone 18 and under can get a free, nutritious meal or snack at more than 50 locations in central Iowa. Everyone's welcome and no sign-up is required. Meals, days, and times vary by location, so check your local site for availability. A nutritious summer starts here!

**FREE FOR ANYONE
18 AND UNDER**

FIND A MEAL NEAR YOU

- TEXT "FOOD" to 304-304**
- CALL 2-1-1 and ask about Summer Meals**
- VISIT SummerMealsIA.org**

when:

where: