




# SUMMER MEAL PROGRAM

Summertime brings a break from school...   
...but the need for good nutrition doesn't take a break!

*Learning does not end when school lets out. Neither does the need for good nutrition.*



## Find Summer Meals in Your Community

Nutritious free meals are available for children and teens 18 and younger at many locations throughout the nation throughout the summer while school is out of session. Click this link to find a site near you. <http://www.fns.usda.gov/summerfoodrocks>



Good nutrition is essential for learning in school. Continuing healthy eating habits is also important during the long hot summer months. Eating nutritious foods helps ensure students retain their hard learned knowledge... and to help them to keep right on learning throughout the summer. For many of these children, summer vacation can bring the temptation of eating empty calorie snacks and foods that are high in sugar, fats and sodium. And for many others, summer exposes students to an increased risk of hunger and developmental decline. Make seasonal fruits and vegetables a high priority for your snacks, meals and anytime.

Summertime is a time to play hard...but it is also a time to remember to eat right. Make sure good nutrition remains a priority all summer long, and students will return to school in the Fall healthy, sharp and ready to learn.

***Beatrice Public Schools and Pawnee City Public Schools have participated in the past years. If you have any questions, please contact either school office or check out their school websites.***

## Nondiscrimination Statement



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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, 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; or

2. **fax:**

833-256-1665 or 202-690-7442; or

3. **email:**

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