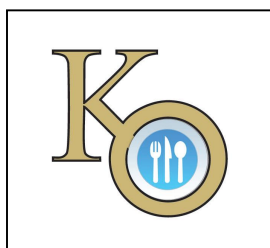


# FREE SUMMER MEALS

## FOR KIDS AND TEENS

Summer should be a stress-free time full of **food, friends and fun**. Free summer meals can help.

- FREE to kids and teens age 18 and under
- Healthy meals based on USDA nutrition guidelines
- Served at sites such as schools and churches that may offer learning and recreational activities
- Fun, safe place for kids and teens to be active and visit with friends
- Help families save money
- No application or proof of income needed
- Meals will be distributed in the communities of Castle Shannon, Dormont and Green Tree. Distribution times and location specifics to be announced Spring of 2016



Go to [kosd.org](http://kosd.org)  
or call 412-571-6059 learn more,  
or text @2015SLP to 81010 to  
receive text message updates  
about the  
Summer Lunch Program.

