Summer Grab and Go Meals   Frequently Asked Questions

What are summer meals programs? Summer meals programs are funded by the USDA and designed to provide kids and teens ages 18 and under with healthy meals during the summer months when school is out of session.

What are the requirements for my child or teen to receive a meal? Do I have to fill out an application form? There is no application or registration required to receive a meal. You do not have to show proof of income. Just show up!

Can parents or guardians pick up meals on behalf of their kids? Yes, parents and guardians can pick up meals on their kids' behalf.

Is there a cost? No. All summer meals offered through the USDA's programs are free to all kids and teens ages 18 and under.

We received a P-EBT card in the mail to help with buying groceries. Can we still pick up summer meals? Yes! P-EBT benefits and summer meals are two separate programs, and families can participate in both.

How do I find a summer meals site in my community? Visit www.ocss-va.org or text FOOD or COMIDA to 877-877 to find free meals near you.

What kind of food is served at these sites? The meals served are healthy and meet USDA guidelines. A typical lunch, for example, will include a ready to heat entree with whole grains, low fat milk, fruit and vegetables.

There is no site in my area. What can I do to be sure that one is available for the children in my area next summer? If there are no summer meals sites in your community, we can help. Email No Kid Hungry at bestpractices@strength.org.

What else can I do to help? You can share information about free summer meals with your friends, neighbors and family members. Share the texting hotline ("Text FOOD or COMIDA to 877-877 to find free summer meals in our community")

Who funds free summer meals? Summer meals programs are federally funded by the USDA through the Summer Food Service Program and the National School Lunch Program Seamless Summer Option

Have other questions? Please contact School Nutrition Office, 540 661-4579