

# To Be Well Read, You Must Be Well Fed!

Your library can connect kids to free, nutritious meals through the **Summer Food Service Program**.

Your library is a welcoming community center and trusted public space for youth. As a valuable resource, you can nourish kids' minds and their bodies!

**More than 1 million New York State children and teens rely on school meals to power their learning.**

However, when school is out over the summer months, many low-income children experience a nutritional void.

Low-income children and teenagers who lack access to quality and consistent food are likely to be sick more often, have less energy, and be less focused on learning. Other linked issues include hyperactivity, anxiety, undernutrition, and even weight gain.

Our nation's publicly funded Summer Food Service Program helps low-income children and teenagers grow, learn, and play when school is not in session. This child nutrition assistance program benefits kids and families—and your library!

## Summer meals:

- **Help low-income kids access good nutrition**
- **Boost enrichment programs and attract new patrons to services**
- **Require little to no cost to a library**
- **Strengthen a library's reputation for commitment to patrons**

*“It seems at least half of the kids who come for summer meals had never used the library before. I never would have imagined that we could reach so many families just by offering them a yummy, nutritious, free lunch.”*

—Ashley Pickett, Librarian,  
Roswell P. Flower Memorial  
Library, Jefferson County

*“...[W]e see this as a natural extension of our work with children and families and had great feedback from all of our patrons who see this as another mark of how deeply invested the library is in our community.”*

—Christian Zabriskie,  
Administrator, Grinton I. Will  
Library, Yonkers Public Library

more →





## It's Easy to Get Involved!



Visit [SummerMealsNY.org](https://SummerMealsNY.org) to:

**Connect with a colleague** about these free meals and snacks. Get contact information and details for the over 125 libraries across the state that have experience with summer meals.

**Spread the word!** Locations across New York State serve free summer meals to any kid or teen who drops by. Locate your area's summer meals sites and let families and caregivers know about them.

**Invite an existing sponsor to partner with you** and host their meal site on your property or bring your summer programming to their nearby sites.

**Become a summer meals site!** Find out if your library is eligible to provide meals or snacks to young patrons, whether it's once a week or on most summer days.

For more information about summer meals, contact us at [SummerMeals@HungerSolutionsNY.org](mailto:SummerMeals@HungerSolutionsNY.org)!

*"We couldn't be happier to play a small role in connecting libraries with the Summer Food Service Program. The growth in participation of libraries that host sites over the past few years has been fantastic to see; just one more way that libraries flex and evolve to meet the needs of the community!"*

—Jeremy Johannesen,  
Executive Director,  
New York Library Association

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## You can help kids throughout the school year, too!

Libraries that offer afterschool enrichment programs may also serve meals or snacks after school for kids and teens during the regular school year. Visit [AfterschoolMealsNY.org](https://AfterschoolMealsNY.org) for details.

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[FoodHelpNY.org](https://FoodHelpNY.org)  
[SummerMealsNY.org](https://SummerMealsNY.org)  
[ChildcareMealsNY.org](https://ChildcareMealsNY.org)  
[SchoolMealsHubNY.org](https://SchoolMealsHubNY.org)  
[AfterschoolMealsNY.org](https://AfterschoolMealsNY.org)  
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