Children need healthy food to keep both body and mind in great shape, but many low-income kids in our state lack consistent access to it. School meals help—more than one million students rely on them statewide—but once the school day ends, and during the summer months, hundreds of thousands of young people face a nutrition gap.

Kids and teens who lack consistent access to quality food are more likely to be sick, less focused on learning, hyperactive, undernourished, and overweight. They are also more likely to experience anxiety and have less energy.

**YMCAs can help!**

As a trusted community resource, your Y is an ideal site to offer free, nutritious meals and/or snacks through two federally- and state-funded programs:

**The At-Risk Afterschool Snack and Supper Program**
While schools are in session, this program runs after school, on weekends, and during school holiday breaks.

**The Summer Food Service Program**
This program runs when school’s out for the summer.

**You can provide low-income kids and teens access to good nutrition. Your Y will benefit as well.**

These nutrition programs:

**Further strengthen your YMCA’s reputation** and commitment to patrons.

**Enrich your youth programs:** Providing meals or snacks will enhance your offerings and may attract new patrons.

**Can be offered at little or no cost:** Public funding is available to cover food and related expenses for these child nutrition programs. Most Ys use existing resources to help out with meal/snack service.
Learn more and get involved:

**Connect with a colleague.** A growing number of New York State Ys have experience with these programs. Ask a colleague at a participating Y for details (see below) or ask us to connect you.

**Spread the word!** Notify families and caregivers about local meal sites through word-of-mouth, post bulletins, and provide details on your website and social media.

**Invite existing sponsors to host a meal site on your property,** if your community lacks afterschool or summer meal sites.

**Become a sponsor** and provide summer and/or afterschool meals and snacks to kids and teens in your area year-round.

**Visit SummerMealsNY.org and AfterschoolMealsNY.org** for outreach materials, eligibility information, a mapper, and more.

**To locate summer meal sites** during summer months, call 1-866-348-6479, dial 2-1-1, or text “Food” or “Comida” to 877-877.

**Additional Online Resources**

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**A sampling of YMCAs in NYS with branches that have hosted the At-Risk Afterschool Snack and Supper Program (with *) and/or the Summer Food Service Program:**

Albany Capital Region:
- Capital District YMCA
- Broome: YMCA of Broome County
- Chautauqua: Jamestown YMCA
- Erie: YMCA Buffalo Niagara
- Jefferson: Watertown Family YMCA*

Monroe: YMCA of Greater Rochester*
- YMCA of Greater New York*
- Madison/Oneida:
  - YMCA of the Greater Tri-Valley
- Oswego: Oswego YMCA
- Steuben: Hornell Area Family YMCA

Suffolk: YMCA of Long Island
- Ulster: YMCA of Kingston and Ulster County
- Warren: Glens Falls Family YMCA*
- Westchester: New Rochelle YMCA*

For a full list, email us at SummerMeals@HungerSolutionsNY.org