

Healthy Meals Build Healthy Kids!

YMCAs can fuel active kids with Summer and Afterschool Meals.

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

SUMMER MEALS

YMCA of the USA
US Dept of Agriculture
NY State Education Dept

AFTERSCHOOL MEALS

YMCA of the USA
US Dept of Agriculture
NY State Dept of Health

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



HUNGER SOLUTIONS
NEW YORK
UNITING POLICIES AND
PROGRAMS TO END HUNGER

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FoodHelpNY.org
SummerMealsNY.org
ChildcareMealsNY.org
SchoolMealsHubNY.org
AfterschoolMealsNY.org
HungerSolutionsNY.org

