

# Healthy Lincoln County Summer Meals Program

The Summer Meals Program provides free healthy meals through Lincoln & Knox County to kids and teens 18 and under during summer break.



## HOW IT WORKS

1. **Find a Site:** Check the schedule for open sites or mobile stops near you.
2. **Stop by During Mealtime:** Visit during posted hours. No sign-up or paperwork needed.
3. **Grab a Meal:** Kids and teens 18 and under get a free, healthy meal.
4. **Come Back Often:** Meals are offered several days a week.

## WHAT'S OFFERED

- Breakfast **AND** Lunch offered
- Meals follow USDA guidelines and include balanced options like whole grains, fruits, vegetables, dairy, and lean proteins
- When available, our mobile route also offers gleaned produce (Wed & Thurs) and local eggs for **anyone** to take home

## WHY IT MATTERS

- **Fills the gap when school is out:** Helps kids access meals when school is closed.
- **Reaches families in rural areas:** Mobile route helps overcome travel challenges
- **Builds community connections:** Some sites offer activities and links to local resources.
- **No barriers to access:** Open to **all** kids and teens 18 and under

## HOW YOU CAN HELP

- **Participate:** When kids participate and enjoy the meals, it helps support the program and keep it going strong.
- **Follow & share on Facebook:** Share updates and help more families learn about free summer meals.
- **Volunteer:** Help drive Lulu or deliver meals to our open sites.
- **Support:** Donations & sponsorships are always welcome!



**THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER.  
ANY & ALL CHILDREN 18 &  
UNDER ARE WELCOME AT  
ANY OF THESE MEAL SITES  
THROUGH THE SUMMER.**