



Healthy Meals, Happy Summers

Since 2015, Healthy Lincoln County (HLC) has sponsored the Summer Meals program helping kids stay fueled all summer long!

The program is made possible through USDA, Maine Department of Education, and with support from fundraising. All meals are free, no sign-up, and available to all kids at sites across the community!

Summer Meals provides free, nutritious meals and snacks to children and teens aged 18 and under during summer when school is out. This supports children's health and well-being while also alleviating the financial burden on families during the summer months.

Support local kids with free, healthy meals this summer!

DONATE TODAY

In these uncertain times, the need for healthy meals for our community's children is greater than ever. Your local support is crucial in helping us expand our reach and impact.



All donations are tax deductible to the extent permissible by law.

healthylincolncounty.org



bit.ly/donate-HLC



Single Parent Uses Summer Meals to Stretch Budget While in Nursing School

‘Danielle,’ a 34-year-old single mother of a 3-year-old daughter who lives in Damariscotta, arrives in the designated cul-de-sac site with a group of other community members. They await Lulu, Healthy Lincoln County’s lunch wagon, that’s driven by volunteers who hand out two-to-three-days’ worth of healthy, fresh food for children during the summer months, as part of the HLC’s Summer Meals program.

Recounting some of her favorite foods, Danielle shares that “they’d make these turkey wraps that were really good, always fresh fruit, and they’d even have vegetables on hand, farmers-market fresh to take home. They had this chickpea salad that they gave us the recipe for, it was like a bean salad, it was so good! It was all very healthy food, too, so I wasn’t afraid to feed it [to my daughter].”

She has used Summer Meals for two summers and considers it a life saver. “It has afforded me the ability to have the money to feed my child healthy food for breakfast and dinner. It affords me the opportunity to not have anxiety and stress over food insecurity and have choices to buy healthy meals throughout the day because I have this alternative.”

Currently, Danielle is in nursing school with more than a year left before she graduates. Living on one income with a young child to raise while being in school adds to the struggle of being food secure.

“There is this cycle of being stuck in a lower socioeconomic sense and not being able to find your way out because the struggles just keep coming. But if there are programs that help you move forward and make advancements, then it helps people come out of that situation and then even be able to give back because when you’re struggling, you’re not able to give back at all.

“HLC’s Summer Meals is one such program. Outside of assisting those who are food insecure, it also provides a community connection.

“It makes me feel like there are people out there who care, and I can get my daughter and me through this stint in my life while being happy and healthy,” she said. “I’m really hoping that people will see this as a fundamental necessity for certain families and demographics, and it really is necessary.”



Credit: Brianna Soukup, Portland Press Herald.