



## **Rochester Summer Meals Program – Participation Overview**

Summer is fast approaching, which means children in the City of Rochester will soon be out enjoying the sun and participating in all kinds of programs like the ones you may be offering. It also means youth (18 and under) who rely on schools for free nutritious meals during the school year may not have access to healthy meals in the summer months. That's where the **Summer Meals Program** and **YOU** can help.

Thanks to partnerships with **Foodlink** and the **City of Rochester**, the Summer Meals Program offers **free meals to the youth your organization serves**, delivered right to your door this summer.

Why offer **free** summer meals at your site?

1. You improve our community by ensuring kids in the City of Rochester have access to healthy food when school is out.
2. You improve your program offering by providing free meals to your participants.
3. You can free up financial resources to improve your program or site in other ways.
4. It's not just lunch – you can offer up to two meals a day, even across multiple programs.
5. It's easy!

To get started, here's a quick look at the **basic eligibility requirements**:

- A minimum of 15-25 children served per day (depending on sponsor)
- Safe and sanitary conditions (Including proper temperatures, presence of running water, and other regulations outlined by sponsor).
- All site staff properly trained at one training session and an adequate number of trained staff present during mealtime.
- Other requirements outlined in each sponsors site agreement.

Ready to sign up? Any additional questions? Contact one of our sponsors below. They can help guide you through the quick and easy application process and answer any questions you may have.

### **Foodlink**

Darla Ferrante

Meal Programs Coordinator

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**Don't meet the eligibility requirements?** Contact us to discuss ways you can still access **free** summer meals for your site or program.

### **Aaron Lattanzio**

Summer Meals Coordinator

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[www.summermealsroc.org](http://www.summermealsroc.org)

## FAQ for Open Sites

### **Q: What is an “Open” site?**

**Q:** There are two types of sites. “Open” sites are sites that welcome walk in visits even when they are running a program that youth are signed up for. If the site doesn’t have capacity to take walk in’s then they can operate as a “Closed” site that only provides meals to youth participating in their program.

### **Q: What is a Summer Meals site?**

**A:** Many rec centers, schools, churches, and community organizations are locations where summer meals are served. A complete list will be available by dialing 2-1-1 or visiting [www.SummerMealsRoc.org](http://www.SummerMealsRoc.org).

### **Q: What locations can youth visit for meals?**

**A:** All rec centers, summer school locations, and any site listed at [healthikids.org](http://healthikids.org) and 2-1-1/Lifeline are “open” sites where any child is welcome. Some sites, not listed, are considered “closed” sites where only youth who are a part of that program can get a meal.

### **Q: Who is eligible for meals?**

**A:** All city residents 18 years old and younger

### **Q: Does a child need to fill out paperwork to get a free meal?**

**A:** No, there is no paperwork involved. Kids can just show up to an “open” site during meal time and will be served a meal.

### **Q: Does a child need to go to sites in their own neighborhoods?**

**A:** No, they can go to any “open” site across the City for a meal.

### **Q: Can a child get meals at any time?**

**A:** No, sites have specific times when they serve meals and not all sites serve at the same time. The days of the week that sites serve meals may be different and meals are not served on Saturday or Sunday at any site. Dial 2-1-1 or visit [www.healthikids.org](http://www.healthikids.org) for a complete list of days, times, and locations.

### **A: What are some examples of meals served at sites?**

**A:** Breakfast, lunch and snacks are offered at different sites. Examples of breakfast items include whole grain cereal, yogurt, muffins, granola bars and fruit. Examples of lunch items include sandwiches, wraps, salads, fruit, and vegetables.

### **Q: Can adults eat with their child?**

**A:** Adults can bring their own meals and eat with their kids but **CANNOT** eat meals provided by the site.

### **Q: Can child bring meals home for their siblings or friends?**

**A:** No, meals need to be eaten on site where the child receives them. But they can ask their siblings and friends to come along and get a free meal at the summer meals site.