

Free Summer Meals for Connecticut Kids!

Did you know there are places throughout all of CT that serve free meals throughout the summer to all kids and teens 18 and under?

What are Summer Meals?

The free Summer Meals are an extension of the National School Lunch Program when school is out. They are federally funded programs through the United States Department of Agriculture (USDA) and are administered by the CT State Department of Education. Public schools or non-profit organizations typically make and distribute the meals throughout the community.

Where are Summer Meals?

Summer Meals sites are in places like schools, playgrounds, parks, and even libraries. They are available at more than 600 locations throughout Connecticut during the summer.

To find a location near you, visit www.CTSummerMeals.org, call toll free 211, or text “CTMeals” to 877-877.

What food is served?

Similar to the National School Lunch and School Breakfast Programs, the Summer Meals Programs must meet federal nutrition guidelines. A nutritious meal composed of fruits/vegetables, grains, protein, and milk is served. Meals must be eaten at the site.

What is the cost?

It's FREE for all children 18 years old and younger.

What do you need to register?

NOTHING! Children do not need to be registered for any programs to receive a summer meal. All children and teens 18 and younger are welcome at any location. There is absolutely no cost to the child or family for the meals, and there is no ID, paperwork, or registration required.



Summer Meals are available throughout Connecticut to help keep kids healthy and growing strong, while offering a fun, free environment for kids to play with friends!