

Piscataquis Healthy Food For All
"Small Enough to Do, Big Enough to Matter"

Frequently Asked Questions About The Free Summer Meals Program

1. How does the program operate?

The Food and Nutrition Service, an agency of the U.S. Department of Agriculture, administers SFSP at the Federal level. State education agencies administer the program in most States. In some areas, the State health or social service department or an FNS regional office may be designated. Locally, SFSP is run by approved sponsors, including school districts, local government agencies, camps, or private nonprofit organizations. Sponsors provide free meals to a group of children at a central site, such as a school or a community center. They receive payments from USDA, through their State agencies, for the meals they serve.

2. Who is eligible to get meals?

Children 18 and younger may receive **free** meals and snacks through SFSP. Meals and snacks are also available to persons with disabilities, over age 18, who participate in school programs for people who are mentally or physically disabled.

3. Can adults eat too?

At some sites, adults can eat for a small fee -- less than \$4

4. Can we take the meals home?

No, all meals must be eaten on site.

5. Can I attend a meal site that's not in my neighborhood, town or state?

Yes, all summer meal sites are open to all children regardless of residence.

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Find us on Facebook at Feel Good Piscataquis

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6. Do I need to register or reserve a spot?

Nope! This is an open meal program which means that you do not need to call ahead, sign-up or fill out paperwork. If you are 18 and under you can simply show up and eat!

7. What type of food is served at Summer Meals?

Each site has a different menu depending on their sponsor, but all meals served are healthy and made to USDA guidelines. A typical meal would be a sandwich, a piece of fruit, veggie and milk.

8. How can I get involved?

There are many different ways to get involved!

- You can help by spreading the word about the program and letting other community members know that these meals are happening all over Piscataquis.
- Help out by hosting an enrichment activity at a site this year-- [click here to sign up!](#)
- Volunteer!