



Summer Meals 2023 Partner Toolkit

The Summer Meals 2023 Partner Toolkit was created by Dairy Council of California for the Let's Eat Healthy Initiative to share resources and tools to support your local community in accessing free, healthy meals.

HealthyEating.org/SummerMeals



FREE MEALS ALL SUMMER LONG!

Summer Meal Programs are open to all youth 18 and under - no paperwork required.

Text **FOOD** to 304-304 for a location near you.



Join the Initiative at HealthyEating.org/Join



HealthyEating.org

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Promote Summer Meals in Your Community

- Summer Meal Programs are free for youth (18 years old and under), no registration required.
- Summer Meals Programs, and other federal nutrition assistance programs, are designed to increase access to nutritious foods, like dairy foods, and provide a critical safety net for communities in low-income areas.
- Supporting access to nutrient-dense foods and nutrition education year round, especially during vacation periods from school, is critical to ensuring children grow healthfully and return to school ready to reach their full potential.

Take Action!

1. Share [Summer Meals resources](#).
 - i.e.: Reach out to School Foodservice staff, health providers, schools, community agencies, etc.
 - i.e.: Share via email, newsletter, social media posts, etc.
2. Promote Summer Meals with [free tear pads](#).
3. Engage students and communities with [fun nutrition and agriculture education activities](#).
4. Connect with a [Community Nutrition Adviser](#).
5. Join the Let's Eat Healthy Initiative at HealthyEating.org/Join to work alongside others to champion community health.

Summer Meals Resources & Activities

Promotional Materials

- [Summer Meals](#) Webpage
- Summer Meals Tear Pads
- Summer Meals Digital Flyers (Customizable, 8.5 x 5.5, 11 x17)
- PSA video “[Chargers x Healthy Meals for All](#)”
- [USDA Resource Kit](#)

Food Access Resources

- [Summer Meals Location Finder](#)
- [Community Resources](#)

Nutrition Education Enrichment

- [Let’s Eat Healthy Together Broadcast Series](#) (Videos)
- [Healthy Eating for Your Family](#) (Booklet)
- [Building MyPlate](#) (Activity Sheet)
- [Taste + Teach: Dairy Foods](#) (Video)
- [Taste + Teach Activities](#)
- [Online Games + Activities](#)
- [Food Literacy Activities](#)

HealthyEating.org/SummerMeals

How to Order Summer Meals Tear Pads

Paper flyers are available at no-cost as a tear pad of 50 sheets that are double-sided in English and Spanish. There are two ways to order:

1. Email orders@DairyCouncilofCA.org with your information, shipping address and quantities of tear pads.
2. Visit HealthyEating.org/SummerMeals

Bilingual tear pads available in 50 sheets!

Place your order by contacting us below providing your contact info, quantity + shipping address.

[Order here](#)

HealthyEating.org/SummerMeals

Community Nutrition Advisers

For partnerships, collaborations and more information - contact your local Community Nutrition Adviser!

- Maria Frye (MFrye@HealthyEating.org)
- Morgan Carey (MCarey@HealthyEating.org)
- Rajwinder Kaur (RKaur@HealthyEating.org)
- Heather Berkoben (HTroska@HealthyEating.org)



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