



Access Nutritious Meals and Snacks

Help families access free and low-cost nutritious meals this summer.

- Access nutritious food services.
 - The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides tailored nutrition assistance and breastfeeding support to new moms, infants, and children for their first five years of life. [The WIC Cash Value Voucher](#) allows WIC participants to purchase fruits and vegetables at grocery stores and farmers markets.
 - The Feeding America network of food banks secures and distributes meals through food pantries and meal programs throughout the United States. Contact your [local food bank](#) to find [food and food assistance programs](#).
 - To help those most in need receive healthy, fresh foods, the U.S. Department of Agriculture (USDA) offers boxes of prepacked, mixed fresh produce through the [Emergency Food Assistance Program](#), in addition to the single varieties that are available to order.
 - [The Summer Food Service Program](#) reimburses program operators who serve free healthy meals and snacks to children in low-income areas.
 - Because of COVID-19, the USDA has created new options to ensure children can receive summer meals, including an option for families and caregivers to pick up meals and take them home. Check with your state agency to see which options are available and use the [Meal Site Finder](#) tool to find meals in your program area.
- Explore your local farmers market! Farmers markets can be a fun, kid-friendly way to see and buy local, fresh produce. Many markets are affordable and may accept [Supplemental Nutrition Assistance Program](#) other nutritional assistance program benefits that allow families access to healthy, fresh foods at a discounted price. Information on local farmers markets is available on the USDA's [National Farmers Market Directory](#).