**WHAT IS FARM TO SUMMER EATS?**

Farm to Summer Eats brings fresh, healthy, local food to kids and teens in Summer Eats, the statewide summer meal program.

Offering local food and activities is a simple way to enhance the impact Summer Eats has in the community. Kids and teens enjoy delicious, healthy food and community connections are strengthened by supporting local farms. Farm to Summer Eats empowers kids and teens to build healthy habits for life and return to school in the fall nourished and ready to learn.

**KIDS + TEENS**

Adding local foods ensures participants have access to healthy, delicious meals when school is out and connects them to where their food comes from.

**THE COMMUNITY**

Sourcing from local producers strengthens the local economy and builds engagement with families and community members.

**SPONSORS & SITES**

Incorporating local foods and corresponding activities into Summer Eats programs helps boost participation by increasing the quality of meals and engaging kids and teens in fun, educational programming.

Incorporating local foods with Summer Eats is easy! See back for more ways to get involved!
Want to get involved?

Farm to Summer Eats can be simple. Get involved as a:

**Sponsor**
_Procure local foods for your sites_

Incorporating Farm to Summer Eats can be as simple as including a local fruit at lunch. Whatever your program looks like, you can find simple ways to add local foods to your summer meals.

**Meal Site**
_Engage kids and teens through activities_

Taste-tests, visits to local farms, community gardening, and other activities help connect kids to where their food is grown and strengthen healthy habits.

**Supporter**
_Encourage your community to be part of Farm to Summer Eats_

Community support can help encourage Summer Eats sponsors and sites to take the next step in including Farm to Summer Eats meals and activities.

Project Bread and Massachusetts Farm to School are here to help! Contact us for more information, resources and technical assistance for your program.

[www.meals4kids.org/farmtosummereats](http://www.meals4kids.org/farmtosummereats)