

Notes for school newsletters about the free summer lunch program

The lunches served during summer school are being made available to our students and our neighborhood children without charge. The Seamless Summer Feeding Option (SSFO) is a program funded by the United States Department of Agriculture (USDA), Food and Nutrition Services. It provides healthy meals for children ages 2-18 during the summer months when regular school is out. There are no enrollment, paperwork or income qualifications required to participate.

This program is vital for many low-income children especially in this difficult economy. Free school meals provide these children with up to 75% of the Recommended Dietary Allowances for key nutrients. When school is not in session, these meals are lost and may not easily be replaced. As children obviously do not stop growing physically or cognitively because they are not in school, the SSFO fills a crucial gap, helping to ensure that students will return to school ready to learn.

The Food Service Department also partners with the San Diego Park & Recreation Department to provide meals at 21 community parks. For a complete listing of locations and service times at all parks and schools where children can receive free meals during the summer, visit our website at www.sandi.net/food.