

Food Bytes

Child Hunger Does Not Take a Summer Vacation




Across the U.S., 1 in 5 kids does not know when and where their next meal is coming from. In N.C., more than 1 in 4 kids is at risk of hunger. These kids may not have access to enough food or to healthy foods, such as fruits and veggies. Hunger affects kid's ability to learn. It can also put kids at risk for being sick and having health issues. Learn more at <http://nc.nokidhungry.org>.

Many students depend on school meals. What happens when school is out? N.C. Summer Nutrition Programs help make sure kids get the nutritious meals they need. All kids 18 and under can receive free summer meals. No registration or ID is required.

What can you do?

- Find nearby summer meals:
 - Text "FOODNC" to 877-877
 - Call 1.866.3HUNGRY (1.866.348.6479) or 1.877.8HAMBRE (1.877.842.6273)
 - Visit www.fns.usda.gov/summerfoodrocks
- Ask an organization to host a Summer Nutrition Program. Find more info at <http://childnutrition.ncpublicschools.gov/programs/summer-nutrition-opportunities>.
- Ask an organization to host a N.C. Summer Nutrition Program. To learn more, visit www.whyhunger.org/findfood.
- Volunteer for a N.C. Summer Nutrition Program in your area. For more info, go to www.serve.gov/endlunger.
- Promote the Summer Nutrition Program.

Breakfast Menu for June 2018

				Friday, June 1
				A variety of unflavored and flavored skim and 1% unflavored milks are served daily.
Monday, June 4	Tuesday, June 5	Wednesday, June 6	Thursday, June 7	Friday, June 8
Mini Pancakes Diced Peaches Juice Milk	Breakfast Pizza Fresh Fruit Juice Milk	Yogurt & Muffin Mixed Fruit Juice Milk	Chicken Biscuit Fresh Fruit Juice Milk	Cereal Diced Pears Juice Milk
Monday, June 11	Tuesday, June 12	Wednesday, June 13	Thursday, June 14	Friday, June 15
Monday, June 18	Tuesday, June 19	Wednesday, June 20	Thursday, June 21	Friday, June 22
	<i>From <u>June 19- August 10</u>, New Hanover County Schools will be serving delicious hot & cold meals at various locations <u>Monday - Friday</u>. For information on serving times and locations check our website at www.nhcs.net/nutrition/ or call; <u>Stephanie Smith</u> at 254-4296. The Summer Food Service Program is a federally funded program designed to provide nutritious meals at no cost for children 18 years and under.</i>			
Monday, June 25	Tuesday, June 26	Wednesday, June 27	Thursday, June 28	Friday, June 29

Menu subject to change depending upon availability

June

- National Fresh Fruit and Vegetable Month

Sources: <http://nc.nokidhungry.org>, <http://childnutrition.ncpublicschools.gov>



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>

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