



Each summer, children wait for the last bell of the school year. Summer is an exciting time for children to enjoy playtime with friends, a week at camp, a family vacation, time at the pool, summer sports, and driver's education. Just as learning doesn't end when school lets out, neither does a child's need for good nutrition.

Anamosa Community School District provides free meals to children during the summer as part of U.S. Department of Agriculture's Summer Meal Programs. This summer, meals will be served at the Anamosa Middle School, starting June 10th through July 26th, serving 11am to 1pm.

There are no income requirements or registration. Anyone age 18 and younger may come to eat. Adults may purchase a meal for \$4.00.

With so much information out there, sometimes things can get confusing. Let's clear up some of the common misconceptions families have about Summer Meals!

1. **MYTH:** Summer Meal Programs are only for younger children.

FACT: Anyone 18 and under can receive meals through the USDA's Summer Meal Programs! So make sure your teens are taking advantage of free Summer Meals too!

2. **MYTH:** To get a meal, I have to sign my children up at the site ahead of time.

FACT: Our Summer Meal site is an "open site", which means we are open to the community and do not require that children sign up in advance or even "check-in" at the site. Children and teens must simply show up at the site to get their meal.

3. **MYTH:** I should not send my children to a Summer Meal site because we are doing better than some other families, and I don't want to take a meal away from someone who needs it more.

FACT: We prepare and distribute meals based on the number of children & teens that come to our site. The USDA reimburses us for these meals, so if there is an increase in attendance at the site, then we can plan to provide more meals.

4. **MYTH:** I have to submit income information, legal status, or other personal information about my family, in order for my child to be welcomed to a Summer Meal site.

FACT: "Open Summer Meal Sites" are open to the community. Parents are not required to give any personal information about their children to site operators.

Questions? Contact Tammy Seeley, Director of Nutritional Services 319-462-3553 *2143
tseeley@anamosa.k12.ia.us.

It is the policy of the Anamosa Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact Superintendent Lisa Beames, 200 S. Garnavillo Street, Anamosa, IA 52205, 319-462-4321;
lbeames@anamosa.k12.ia.us