

# MEALS 4 KIDS

## JUNE 22<sup>ND</sup> - AUGUST 31<sup>ST</sup> 2017

Meals 4 Kids (M4K) is about kids learning to love to cook! Each week at the times and locations noted below, M4K provides healthy ingredients and recipes for 10 meals per child to any child who qualifies for Head Start or free and reduced lunch. Please note that no proof of eligibility, paperwork, or RSVPs are required. Just join us at the times and locations below!

**Seabrook Recreation Center** | 311 Lafayette Rd., Seabrook | Thursdays 2:45pm-4:30pm

**Trinity United Church** | 103 Lafayette Rd., Seabrook | Thursdays 5:00pm-6:30pm

### NEW THIS SUMMER!

M4K families visiting us at the Seabrook Recreation site will have the opportunity to select beautiful locally-grown produce from Seacoast Eat Local's SAMM van! (SAMM stands for Seacoast Area Mobile Market -- its a farmer's market on wheels!)

This is free for M4K participants - stop by M4K at the Recreation Center to learn more.

SAMM also accepts SNAP dollars and all fruit and vegetables are discounted 50% for SNAP recipients! Learn about SAMM at <http://www.seacoateatlocal.org/samm> and follow SAMM on instagram @sammvan!



**QUESTIONS?** Please call Gather at 603-436-0641 or email us at [M4K@GatherNH.org](mailto:M4K@GatherNH.org).



Seacoast Family Food Pantry is now...  
**gather**  
FOR A HUNGER-FREE COMMUNITY