



# Mason County

WASHINGTON STATE UNIVERSITY  
EXTENSION

## ***CHECK OUT THESE FREE SUMMER MEALS FOR YOUR KIDS***

Good nutrition is essential for growth and effective learning every day, even when school is out for the summer. Many students in our community rely on the meals they receive during the school year as part of the National School Lunch & Breakfast Program to provide the bulk of their nutritional needs. However, summer months leave many families worrying how to fill this void and feed hungry kids.

Good news -- both Shelton and Pioneer School Districts are again hosting the Seamless Summer Feeding Program for Children at several area schools. FREE nutritious meals and/or snacks will be served to all kids and teens, 18 years and younger. No enrollment is required. Free summer meals will be available at the following locations:

**Choice Alternative School** – 807 W. Pine St.  
Monday through Friday: July 2 – August 2  
Snacks @9:15-9:30am

**Evergreen Elementary** – 900 W. Franklin St.  
Monday through Friday: July 2 – July 30  
Breakfast @8:00-8:30am and Lunch @12:00-12:30pm

**Oakland Bay Junior High School** – 3301 N. Shelton Springs Rd.  
Monday through Friday: July 2 – August 2  
Snacks @9:45-10:15am and Lunch @12:00-12:30pm

**Pioneer Middle School** – 50 E. Spencer Lake Rd.  
Monday through Friday: July 9 – August 3  
Lunch @11:00am-12:00pm Noon

For more information, call the school districts: Shelton Food Services Department at (360) 426-2533 and Pioneer Business Office at (360) 426-9115 ext. 3007.

Plus, check this out -- finding other free summer meal sites for kids while traveling is just a couple of texts away. With a cell phone simply text **'FOOD'** to **877-877** (No Kid Hungry's Summer Meals Texting Hotline). After entering an address or zip code, you will receive text information about nearby sites. For example, if your family is making a daytrip to the beach near Ocean Shores (zip code 98569) during eligible Summer Meals dates, the children could eat a free lunch at Hoquiam Middle School, Central Playfield, or the Hoquiam Timberland Regional Library. Just think, not only will the kids be well-nourished (for free!), but they'll also enjoy a fun family outing getting physical activity at the beach. Remember to bring sunscreen and extra water! This service is also available in Spanish. Text **'COMIDA'** to **877-877** and responding information will be provided in Spanish.

Hope everyone enjoys an active, healthy summer!

By: Pamela Bish, Nutrition Educator  
Mason County SNAP-Ed Nutrition Program

**For more information regarding the Mason County WSU Extension office call [360-427-9670](tel:3604279670) Ext. 680, or visit our website at <http://mason.wsu.edu>**

*Cooperating agencies: Washington State University U.S. Department of Agriculture, and Washington counties. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.*