

Town of Seabrook in partnership with the Seacoast Family Food Pantry Presents...

MEALS 4 KIDS

A SEACOAST FAMILY FOOD PANTRY PROJECT



Meals 4 Kids is now located in Seabrook, NH!!

Summertime Snacks and More will be given out every Thursday
beginning June 23rd-September 1st 2016

M4K is about kids learning to cook!

M4K is about kids learning to love to cook. Each summer and over school vacations M4K shares kid-friendly, healthy and delicious recipes, plus cooking and fitness challenges. At M4K we believe that learning to cook changes lives, and we want to inspire that healthy change!

M4K is free healthy food!

M4k is for all kids in the greater Seacoast area. To ensure that all children have the opportunity to participate, the Seacoast Family Food Pantry provides healthy ingredients for **10 meals, per child, per week** to any child in the greater Seacoast area who qualifies for free or reduced lunch or head start (NO PAPERWORK or PROOF of eligibility required)!

Pick-up Locations

Trinity Church Parish House
Corner of Route 1 and Folly Mill Rd
Next to Post Office
Seabrook, NH 03874
From 1:15pm-2:15pm

Seabrook Recreation Department
311 Lafayette Rd.
Seabrook, NH 03874
From 2:45-pm-4:30pm

BE CREATIVE WITH
COOKING!

STAY FIT BY EATING
HEALTHY!

LEARN NEW
RECIPES!

YOU GET TO TRY
NEW THINGS!

COOKING IS FUN!

Check out our Really
Cool Food Truck!!