

A hunger pang we can't ignore: Hunger is a serious problem in Kentucky with devastating implications, particularly during the summertime. USDA's Summer Food Service Program fills the gap for many children who receive a meal during the school year, providing free meals to children under 18- no questions asked. In many of our communities, less than 1 out of 13 children who receive a free or reduced priced meal during the school year access a meal in the summer.

- Students who don't get enough nutrition over the summer months are more likely to fall behind their peers once the school year starts.
- Students from low-income families experience a greater "summer slide" than their peers, returning to school two months behind in reading.
- Low-income families have to spend an additional \$300 on groceries each month during the summer, forcing many parents to make tough choices between food, medical care, utilities, and transportation.
- Many families struggling with hunger tend to turn to cheap, calorie dense foods with little nutritional value. As a result, children from low-income families often gain weight two to three times faster during the summer than during the school year.
- Food insecurity makes children more susceptible to chronic diseases like asthma, type 2 diabetes, and heart disease.

Somerset Independent Schools is a proud sponsor of the Summer Food Service Program. We will offer meals at no charge to anyone 18 years and younger at Somerset High School Cafeteria from June 1, 2017 through July 14, 2017.

No meals will be served on Tuesday July 4th, 2017.

Come join us at 301 College Street, Somerset, KY 42501. We will be serving lunch from 11:00am-1:00pm, Monday through Friday.

We look forward to seeing you!

