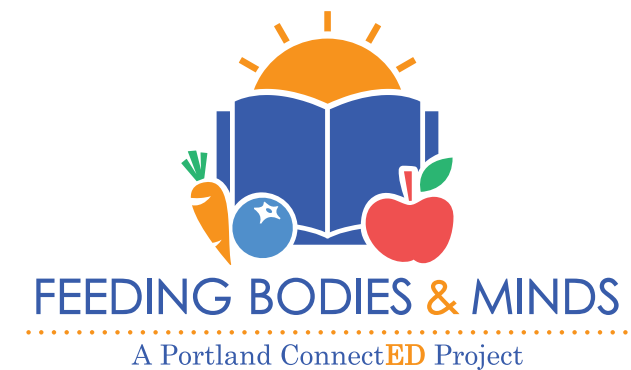


Remember these four numbers to help you stay healthy this summer:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



# Portland Summer Meals Program

*for kids & teens*

**Are you 18 or under? Eat lunch free in Portland this summer.**

¿Tiene 18 años o menos? Coma comidas escolares gratuitas en Portland este verano.

إذا كنت 18 سنة أو أصغر يمكنك تناول الوجبات المدرسية المجانية في مدارس بورتلاند هذا الصيف.

Avez-vous 18 ans ou moins ? Mangez des repas scolaires gratuits à Portland cet été.

Miyaad Tahay 18 Jir ama ka Yartahay? Kaalayoo ka Cun Qado Iskuul Bilaash ah Portland Dhexdeeda Xiliga Kuleylaha.

Ka itiyee mwaka 18 nyo mwaka ne pwodi pe oromo? Gibi miyo Cam me diceng nono i Portland ioro man.

Bạn 18 tuổi hay nhỏ tuổi hơn? Hãy đến ăn trưa miễn phí mùa Hè này tại các địa điểm của Portland.

តើអ្នកមានអាយុ១៨ឆ្នាំ ឬ ក្រោម១៨ឆ្នាំ? អ្នកអាចបិរោគអាហារថ្ងៃត្រង់

ដោយឥតគិតថ្លៃបាន នៅទីក្រុង Portland នៅរដូវក្ដៅនេះ។

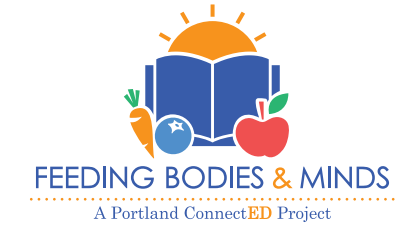


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# Find Your Summer Meal Location!

brought to you by



## Questions?

Contact the Maine Hunger Initiative at (207) 775-0026 or call 211.

### NORTH PORTLAND:

- 1) **Front Street Community Center**  
34 West Presumpscot Street  
**Lunch:** 12:00 – 1:00  
6/22 – 8/28
- 2) **North Deering Gardens**  
246 Auburn Street  
**Lunch:** 11:30 – 12:15  
Mon/Tues/Thurs, 7/6 – 8/14
- 3) **Ocean Avenue School**  
152 Ocean Avenue  
**Breakfast:** 8:45 – 9:00  
**Lunch:** 12:30 – 1:00  
Mon – Thurs, 7/7 – 8/14
- 4) **Riverton Housing**  
2 Riverton Drive  
**Lunch:** 12:00 – 1:00  
6/22 – 8/28
- 5) **Sagamore Village**  
21 Popham Street  
**Lunch:** 12:00 – 1:00  
6/22 – 8/28
- 6) **Wellesley Estates**  
1818 Forest Avenue  
**Lunch:** 12:45 – 1:00  
Mon – Thurs, 6/29 – 8/14
- 10) **Fore River**  
63 Frederic Street  
**Lunch:** 12:20 – 1:00  
Mon – Thurs, 6/29 – 8/14
- 11) **Parkside Community Center**  
85 Grant Street  
**Lunch:** 12:00 – 1:00  
6/29 – 8/28
- 12) **Portland Public Library**  
5 Monument Way  
**Lunch:** 12:00 – 12:30  
6/29 – 7/31
- 13) **Reiche Summer Program**  
166 Brackett Street  
**Lunch:** 11:30 – 12:30  
6/22 – 8/28

### MUNJOY HILL / BAYSIDE:

- 14) **Kennedy Park Community Center**  
58 Boyd Street  
**Lunch:** 12:00 – 1:00  
6/22 – 8/21
- 15) **Munjoy South Playground\***  
Adams Street  
**Lunch:** 12:30 – 1:00  
6/22 – 8/28

### WEST END / PARKSIDE:

- 7) **Danforth Heights\***  
48 Salem Street  
**Lunch:** 11:45 – 12:15  
Mon – Thurs, 6/29 – 8/14
- 8) **Deering High School**  
370 Stevens Avenue  
**Breakfast:** 7:30 – 8:00  
**Lunch:** 11:30 – 12:15  
7/13 – 8/6
- 9) **Deering Oaks Playground\***  
Park Avenue by Forest Avenue  
**Lunch:** 11:45 – 12:15  
Mon – Thurs, 7/13 – 8/14
- 16) **Peppermint Park\***  
Cumberland Ave at Smith Street  
**Lunch:** 1:30 – 2:00  
6/29 – 8/28
- 17) **The Root Cellar**  
94 Washington Avenue  
**Lunch:** 12:00 – 1:00  
6/22 – 8/28
- 18) **Unity Village**  
28 Stone Street  
**Lunch:** 12:00 – 1:00  
6/22 – 8/28
- 19) **YMCA**  
70 Forest Avenue  
**Lunch:** 12:00 – 12:30  
6/29 – 8/14

[Closed July 3]  
\*Closed if rains.  
[مغلق يوم 3 يونيو.]  
\*مغلق إذا أنها تمطر.

[Cerrado el 3 Julio]  
\*Cerrado si llueve.  
[Fermée le 3 Juillet]  
\* Fermé s'il pleut.

[Cam bi bedo pe inino dwe Angwen  
me dwe me Abironi]  
\*Gibi lorone doge wogo ka kot tiye ka cwe.

[Ma jiri Doonto Cunto Luulyo 3.]  
Gibi lorone doge wogo ka kot tiye ka cwe.

[Đóng cửa vào ngày 3 tháng 7]  
\* Đóng cửa những ngày mưa

To **volunteer** or if you have **questions**, contact the **Maine Hunger Initiative** at (207) 775-0026 or call 211.

