

EAT RIGHT WITH THE **SUMMER NUTRITION PROGRAMS**  
ALIMENTESE BIEN EN LOS **PROGRAMAS DE ALIMENTACIÓN DE VERANO**

TEXANS  
BRING



3.E'S EDUCATION, EXERCISE AND EATING RIGHT



**FOOD, FRIENDS AND FUN!**

**At no charge** from the Summer Nutrition Programs serving meals to kids 18 and under. Find a site, show up, eat and have fun!

Go to [www.summerfood.org](http://www.summerfood.org) or call 211 for a site near you.

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**¡COMIDA, AMIGOS Y DIVERSION!**

**No cuesta nada** gracias al programa nutricional de verano ofrece alimentos nutritivos a todos los niños menores de 18 años. Busquen un local cercano y ¡lleguen listos para comer y divertirse!

Visite el sitio [www.summerfood.org](http://www.summerfood.org) ó llame al 211 para encontrar un local cercano.

Los programas de Nutrición de Verano son financiados por los Servicios de Alimentos y Nutrición del Departamento de Agricultura de EE.UU. De acuerdo con la ley federal y con las normas del Departamento de Agricultura de Estados Unidos (USDA), esta institución tiene prohibida la discriminación por raza, color, origen nacional, sexo, edad o discapacidad. Para presentar una queja por discriminación, escriba a: USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 ó llame gratis al 1 (800) 795-3272, ó al (202) 720-6382 (TTY). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.



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Education, Exercise and Eating Right

