

Summer Meals and EBT Outreach Toolkit

This Summer Meals and EBT Outreach Toolkit includes multilingual printed signs and posters, sample social media content, email and newsletter templates, and information on Summer EBT benefits for organizations to share with families with children ages 1-18 across Oregon.

For further materials, visit nokidhungry.org and foodhero.org, which created many of these.

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This outreach toolkit is provided by Multnomah County, and was created by Bevin Kelly as part of her *Food and Schools* class internship at the University of Oregon.

2025



Printed Materials



[Summer Meals 16x12 Yard Signs_English](#)
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[Social Media Graphic- Multi languages](#)

Website Blurb

Summer Meals

Save your family time and money with free summer meals for your kids this summer! Summer meals can be a great place for your child to come enjoy a nutritious meal. No application or registration is needed; just stop by and enjoy. To find a free summer meals site near you, call 211 or visit SummerFoodOregon.org for more information.

Comidas de verano

¡Ahorra tiempo y dinero a tu familia con las comidas gratuitas para niños y adolescentes este verano! Los sitios de comidas de verano pueden ser un gran lugar para que tus niños disfruten de una comida nutritiva. No es necesario presentar una solicitud ni inscripción; basta con pasar por allí y disfrutar. Para encontrar el sitio de comidas más cercano a su hogar llame al 211 o visite SummerFoodOregon.org

Social Media

Promoting Summer Meals:

- Meal prep is work. Let us take care of that. Join us at [SCHOOL/PROGRAM] during [TIME FRAME] for free meals for children 18 and under. To learn more, call 1-XXX-XXX-XXX or visit: WEBSITE.
- Lunch is on us! Save time and money preparing meals for your kids and stop by [SCHOOL/PROGRAM] during [TIME FRAME] for free food and fun. To learn more, call 1-XXX-XXX-XXX or visit: WEBSITE.
- We're providing free meals for kids and teens 18 and under Monday through Friday at [LOCATION]. Stop by with your family between [TIME] and [TIME] to enjoy lunch on us. To learn more, call 1-XXX-XXX-XXX or visit: WEBSITE.

Email Sample

We are excited to announce that [ORGANIZATION NAME] will be providing FREE summer meals to all kids and teens 18 and under from [INSERT PROGRAM START DATE] to [INSERT PROGRAM END DATE] at sites across our community!

Summer Meals provides kids with the energy and nutrition they need to grow and thrive. The meals served are well-balanced and follow nutrition guidelines set by the USDA, similar to those they receive during the school year. All breakfasts include milk, fruit or vegetable, and grain/bread, and all lunches include milk, two fruits and/or vegetables, grain/bread, and a meat or protein alternative.

Stopping by a summer meal site with your family not only saves you time and money spent grocery shopping and meal prepping; it also helps support our school and community.

Summer Meals Program Details:

[FOR CONGREGATE MEAL SITES INSERT THE FOLLOWING INFORMATION]

Meals are free for children and teens ages 18 and under.

- No application or registration is required!
- Meals must be consumed on-site.
- [ENTER SITE LOCATION, DATES AND TIMES HERE]
- [LINKS TO MENU INFORMATION]
- [IF YOU OFFER ACTIVITIES FOR KIDS, INCLUDE DETAILS HERE]

To learn more, call 211 or visit: SummerFoodOregon.org for more information on summer food resources for kids!

Wishing you a safe and healthy summer!

Summer EBT Information

Materials are available to help spread the word! Download multi-lingual fliers and social media posts to share at the [Summer EBT Partner Resource webpage](#) from Oregon Dept. of Human Services

Sample Message:

Summer EBT is a program to help families buy food for their school-aged children each summer. For Summer 2025, if you qualify, you will get **\$120 for each eligible child to spend on food**. Families use a card to buy groceries at any store or farmers market that accepts Oregon EBT. **Most eligible families won't have to apply and eligibility is not determined by immigration status. For families who don't automatically receive benefits**, call 833-ORE-SEBT (1-833-673-7328) or visit [**sebt.oregon.gov**](http://sebt.oregon.gov) to find more information and apply.

Along with Summer EBT, Free Summer Meals are **available to ALL youth ages 1-18**, without paperwork, income verification, and regardless of immigration status. For information on site location and times, visit SummerFoodOregon.org.

Newsletter Text

Summer Nutrition Programs for Youth

Families now have more ways to give kids the nutrition they need in summer when school is out. In addition to **Summer Meals**, the **Summer EBT Program** offers convenient, flexible options to help kids reach their full potential.

Help spread the word that youth can enjoy a free meal with friends AND stock up on free groceries this summer!

SUMMER EBT

Summer EBT is a program to help families buy food for their school-aged children each summer. If you qualify, you will get **\$120 for each eligible child to spend on food**. Families use a card to buy groceries at any store or farmers market that accepts Oregon EBT.



Most eligible families won't have to apply.

- Already have SNAP, TANF or OHP? Received Summer EBT in 2024? Benefits will likely be automatically added to your EBT card on **May 23**. Children in foster care are also signed up automatically.
- Other families will be eligible based on income. If you don't get Summer EBT by May and think your child is eligible, you may need to apply. Contact the Call Center or go to sebt.oregon.gov for help. You can apply until September 3.
- Summer EBT is available regardless of immigration status and the public charge rule does not apply.

Questions? Call 833-ORE-SEBT (1-833-673-7328) Monday through Friday, 8 a.m. to 5 p.m. Pacific Time.

More information:

Visit sebt.oregon.gov (English) or ebtv.oregon.gov (Spanish) to learn more. The online application will open May 30, and you can sign up for updates.

SUMMER MEALS

Many Summer Meals locations in Multnomah County will be open to all community youth to **drop in and eat a free meal this summer**. These include parks, youth programs, Midland Library, and apartment and mobile home communities. Some schools are open for lunch and many more are feeding students enrolled in summer school and camps.



Free Summer Meals are **available to ALL youth ages 1- 18**, without paperwork, income verification, and regardless of immigration status. Meals will be served on-site so plan to stay, eat and have fun.

To find an open meal site near you visit SummerFoodOregon.org, or call 2-1-1

Ideas for Outreach

- Handing out flyers outside a grocery store.
- Sending emails to childcare centers to help get the word out to families with children under 5.
- Putting graphics up in high-traffic community places: libraries, community pools, parks, etc.
- Sending information home from school or through newsletters and school social media.
- Sending information to the local newspaper or radio station.
- Posting to parenting and neighborhood social media groups.
- Putting flyers in food boxes at food pantries.
- Providing information at a local farmer's market through flyers or an information booth.