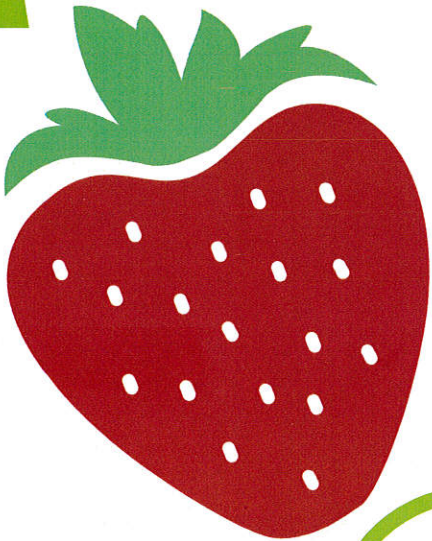


# FREE SUMMER MEALS



**FOR KIDS & TEENS**

NO APPLICATION • NO REGISTRATION



Text **SUMMER MEALS** to 97779



[www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)

Posters provided by the Montana Food Bank Network, 406-215-1771.



This institution is an equal opportunity provider.



# Looking for more variety in your diet? We can help you apply for SNAP!

## Did you know?

### MONTHLY BENEFIT:

The minimum monthly benefit is \$15, but most families and seniors receive much more than that. The average benefit in Montana is nearly \$118 per person per month.

### SENIORS:

You can receive SNAP benefits and still get senior commodities and meals-on-wheels.

### FAMILIES:

If you qualify for SNAP, your kids automatically qualify for Free School Meals!



## Where do I start?

Contact the Montana Food Bank Network for help with:

- Determining whether you may qualify.
- Filling out an application for SNAP benefits.
- Understanding the SNAP application process.

## Call the

**Montana Food Bank Network**  
at **(406) 239-6475 today!**