



Free Meal Distribution for Head Start Families



Our **Healthy Kids Meals-to-Go Club (Meal Club)** provides free healthy meals for children enrolled in Head Start and Early Head Start. With classrooms operating remotely this fall, the Meal Club is designed to fill the nutrition gap for children and provide any support to your household budget.

Good Nutrition = Healthy Child

These nutritious meals are designed to promote the healthy development of your child's body and mind. High quality meals are prepared by KidzTable, the premier healthy food service provider in the Baltimore region for children.

Meals to Go!

Meals are delivered to Head Start sites for "Meals-To-Go" distributions at a designated one-hour pick-up time, 11 am to noon, three days a week: Mondays, Wednesdays, and Fridays. For the Monday and Wednesday pick-ups, you receive breakfast, lunch, and snacks for your child to last for two days. The Friday pick-up is for one day. Your child does not need to be present for you to pick up the meal.

Multiple Options

You may sign up your child for Meals-to-Go pickups one, two, or three times a week—up to five days of meals every week! Special Dietary needs can be accommodated.

Join the Club

All meals are 100% free to you.

We simply ask that you only order meals that you plan to pick up so that the Head Start or Early Head Start program does not have to pay for meals that are not reimbursed. As a member of the Meal Club, we request that you tell us one week in advance if you will not be able to pick up your meals on a certain day.

Contact your Family Services Coordinator to sign-up today for this free service, or call 410-685-7288 for Head Start families and 410-578-0244 for Early Head Start families.