



BULK MEALS PROGRAM 2026

FREQUENTLY ASKED QUESTIONS

What is the YMCA Bulk Meals Program?

The YMCA of Memphis & the Mid-South is proud to partner with organizations to provide FREE lunch and breakfast meals during the summer months when children are out of school. This is made possible through funding from the State of Tennessee.

Where can I pick up FREE 7-Day Meal Packs (Bulk Meals)?

Bulk meals will be available for pick-up at locations. Depending on the location, meals will be available on different service days and times. Visit ymcamemphis.org/food to find your location and view pick-up times.

Who is eligible to pick up the FREE 7-Day Meal Pack?

All meals are free for kids under 18 years of age.

Can someone else pick up meals for my child?

Yes, anyone can pick up the meals as long as they provide the child's name and age.

Can I pick up meals for more than one child?

Yes, you can pick up meals for multiple children. Each child will receive one meal box.

How long will the summer bulk program last?

The program will run from May 22 to August 1, 2026.

What time should I arrive?

Distribution begins promptly at the designated start time. Arriving on time ensures you receive a meal box.

What is included in a meal box?

Each 7-Day Meal pack will consist of 7 breakfasts and 7 lunches. Our meals follow the USDA-recommended guidelines for nutritious and healthy meals. Breakfasts will consist of shelf-stable milk, fruit, and grain. Lunches will consist of shelf-stable milk, meat/meat alternate, fruit, vegetable, and grain.

Our menu items change weekly. They can include items such as:

Chicken/Turkey/Ham & Cheese Sandwiches, Italian Combo Wrap, Italian Combo on Kaiser Roll, Mixed Fruit Cups, Sliced Peach Fruit Cups, Apple Sauce Cups, Orange and Apple Juice Cups, Turkey Sticks, String Cheese Sticks, Packs of Goldfish Crackers, Packs of Cheez-It Crackers, Veggie Juice, Bug Bites, Granola, Packs of Animal Crackers, Honey Grahams, Belly Bears, and more!

Is there a limit on how many meals we can receive?

No, meals will be provided until supplies run out.

How do I sign up for reminders?

To receive Text Reminders & Updates about our Food Program, text **FOOD26** to **888.419.1674**

Additional Information

Contact Us:

For further questions or more information, please visit ymcamemphis.org/food

Stay Updated:

Follow us on our social platforms @ymcamemphis for additional updates and notifications.