



Meals 4 Kids

Summer 2023

Rochester

Tuesdays

Cold Spring Manor

31 Emerson Ave

12-1pm

**Grace Community
Church**

57 Wakefield Ave

2-4:30pm

Starting June 13th

*Providing families with
nutritious foods
that kids
can make easy meals with
over the summer!*



www.gathernh.org

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**For full schedule
visit
gathernh.org/m4k**