

# FREE

# FAMILY DINNER PROGRAM



**WALTHAM  
BOYS & GIRLS CLUB**

**FREE "Grab and Go" Dinner  
Meal Kits available to you and  
your families every**

**TUESDAY - FRIDAY  
3:30 PM - 5 PM**

**WALTHAM BOYS & GIRLS CLUB  
20 Exchange St.  
Waltham, MA 02451**



- Available to families with children 18 years of age and younger
- No registration or proof of income required
- Healthy meals based on USDA nutrition guidelines
- Look for signs and employees at the site to show you where to go

*This institution is an equal opportunity provider.*

*For more information visit [www.walthambgc.org](http://www.walthambgc.org) or call 781-893-6620.*