

From: Representative Ruben Gallego <AZ03RGallego.Outreach@mail.house.gov> To: susanjanegarza@gmail.com Subject: Helping you keep your cool this summer ■■■  
Date: Wed, 07 Jun 2023 15:57:25 -0400 <body><!DOCTYPE HTML PUBLIC "-//W3C//DTD XHTML 1.0 Transitional //EN"

"http://www.w3.org/TR/xhtml1/DTD/xhtml1-transitional.dtd" ><html><head> <!--ly, 6/2022, tr#252686--> <style id="IQEmailStyle"> /\* Client-specific Styles \*/  
body { width: 100% !important; margin: 0px; } .ReadMsgBody { width: 100%; }  
.ExternalClass { width: 100%; display: block !important; } /\* Force Hotmail to display emails at full width \*/ /\* Reset Styles \*/ body { margin: 0; padding: 0; }  
img { outline: none; text-decoration: none; max-width: 100%; } br, strong br, b br, em br, i br { line-height: 100%; } h1, h2, h3, h4, h5, h6 { line-height: 100% !important; -webkit-font-smoothing: antialiased; } /\*ly, tr#221562, add same margin as margin-block-start/end\*/  
h1{margin-top:0.67em;margin-bottom:0.67em;}  
h2{margin-top:0.83em;margin-bottom:0.83em;}  
h3{margin-top:1em;margin-bottom:1em;}  
h4{margin-top:1.33em;margin-bottom:1.33em;}  
h5{margin-top:1.67em;margin-bottom:1.67em;}  
h6{margin-top:2.33em;margin-bottom:2.33em;} table td, table tr { border-collapse: collapse; } p { margin-bottom: 1em; } table.menu-change a { text-decoration: none; } /\* pre-header \*/ .preheader { display: none !important; visibility: hidden; mso-hide: all !important; font-size: 0px; color: #ffffff; line-height: 0px; max-height: 0px; max-width: 0px; opacity: 0; overflow: hidden; }  
</style> <style id="IQCustomStyle"></style> <style id="IQMobileStyle" type="text/css"></style> <meta name="viewport" content="width=device-width,initial-scale=1.0,user-scalable=0,minimum-scale=1.0,maximum-scale=1.0"></head> <body id="newsletterBody" class=""><div id="newsletterContent" class=""> <table style="table-layout: fixed;" border="0" width="100%" cellpadding="0" cellspacing="0" align="center"> <tbody> <tr> <td align="center"> <table class="body-zone bg-change width-change" style="width: 640px; ; border: 6px solid #d6d6d6;" cellpadding="0" cellspacing="0"> <tbody class="" style=""> <tr style=""> <td class="content-change general-change textedit" style="padding: 0px; font-size: 0px; font-family: Arial, sans-serif; background-color: #ffffff; text-align: center;"> <p style="text-align: center;"><IMG width=640 style="display: block; margin: 0 auto; max-width: 100%;;" title="AZ3\_Header.png" src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/AZ3\_Header.png" alt="Image"> </P></TD> </tr> <tr style="" class=""> <td class="content-change general-change textedit" style="padding: 0px; font-size: 11pt; font-family: Arial, sans-serif; background-color: rgb(255, 255, 255); text-align: center;"><table class="menu-change" style="width: 100%; font-size: 11pt; font-family: Arial, sans-serif; color: rgb(35, 65, 125); background-color: rgb(214, 214, 214);" border="0" cellpadding="0" cellspacing="0"> <tbody class="ui-sortable"> <tr> <td style="height: 32px; width: 25%;" align="center"><A id="EMAIL RUBEN" style="color: #23417d;" title="EMAIL RUBEN" href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ4087024" target="\_blank" rel="noopener"><strong>EMAIL RUBEN</strong></A></TD> <td style="height: 32px; width: 25%;" align="center"><A id="SUBSCRIBE" style="color: #23417d;" title="SUBSCRIBE" href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ4087024" target="\_blank" rel="noopener"><strong>SUBSCRIBE</strong></A></TD> <td

<a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=AZ07RG&amp;crop=15805QQQ4087024" style="color: #23417d; text-decoration: none;">FB</a> 	<a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=AZ07RG&amp;crop=15805QQQ4087024" style="color: #23417d; text-decoration: none;">twitter</a> 	<a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=AZ07RG&amp;crop=15805QQQ4087024" style="color: #23417d; text-decoration: none;">Instagram</a> 	<a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=AZ07RG&amp;crop=15805QQQ4087024" style="color: #23417d; text-decoration: none;">Youtube</a> 
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[azmag.gov/hrn](https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ4087024) or by calling 2-1-1.



Summer Food Service Program

Even though school is out, many schools and community centers are continuing to provide free meals for kids and teens. You can find a site near you &#8211; as well as information on hours and meal type &#8211; by visiting
 [azhealthzone.org/foodsites](https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ4087024), texting FOOD to 304-304, or by calling 1-800-445-1914.



title="2023\_Summer\_Meals\_Graphic\_(Facebook\_Post\_(Landscape)).png"  
src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/2023\_Summer\_Meals\_Graphic\_(Face  
alt="Image" ></p> <p>I hope these resources are useful to you, and that you  
will share them with others. If you have questions or need assistance with a  
federal agency, please do not hesitate to reach out to my office by <A  
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ4087024  
target="\_blank" rel="noopener">email </A> or by calling 602-256-0551. </P> <p  
style="text-align: left;">Very truly yours,<br>Congressman Ruben Gallego<br  
><IMG style="max-width: 100%; margin-top: 0px; margin-bottom: 0px;"  
title="signature\_web\_0.png"  
src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/signature\_web\_0.png"  
alt="Image" width="109" height="50"> <br>Ruben Gallego<br>Member of Congress  
</P> </TD> </tr> <tr style=""> <td class="content-change general-change  
textedit" style="padding: 0px; font-size: 11pt; font-family: Arial, sans-serif;  
background-color: #ffffff; text-align: center;"> <table class="footer-change  
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target="\_blank" rel="noopener">Unsubscribe</A> | <A id="Privacy"  
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href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=AZ07RG&crop=15805QQQ4087024  
target="\_blank" rel="noopener">Privacy</A> &nbsp;  </TD> </tr> </tbody> </table>  
></TD> </tr> </tbody> </table> </TD> </tr> </tbody> </table> </div> <IMG  
alt="image"  
src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/iqtrk.gif?crop=15805QQQ40870248Q  
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data-crop='15805QQQ40870248QQQ5344247QQQ7348696' ></span> </body></html><IMG  
alt="image"  
src="https://iqconnect.house.gov/iqextranet/Customers/AZ07RG/iqtrk.gif?crop=15805QQQ40870248Q  
height=0 width=0 ><span name='15805QQQ40870248QQQ5344247QQQ7348696'  
data-crop='15805QQQ40870248QQQ5344247QQQ7348696' ></span> </body>