

## How and when to apply?

Applications can be made at **any time** during the school year — simply contact the school office for an application.

An application may not be needed at all, depending on what other public benefits a family receives. Also, applications are not needed for migrant, homeless and runaway children. Contact the school or the organization on the back of this pamphlet for more information.

Applications must be signed by the child's guardian and must include either the last four digits of a social security number or a check mark in the box marked "none" on the application. Not having a social security number will not affect whether a family qualifies and will be kept private.

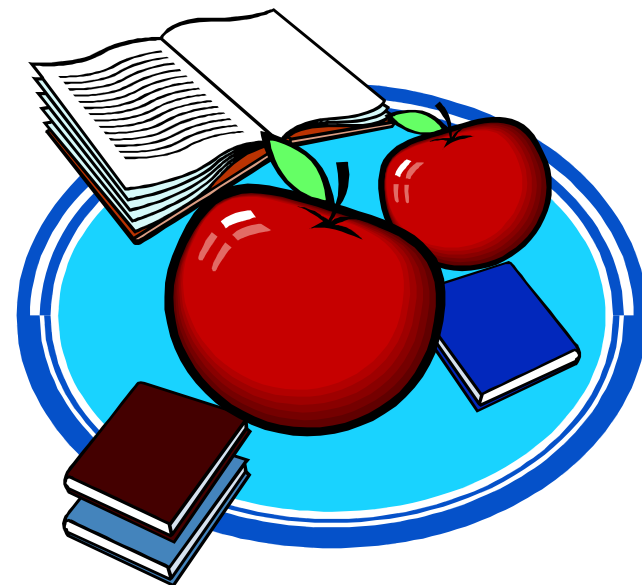
Only one application is required each year, even if income changes. And one application is required for each family, not one for each child.

Once the application is returned to the school, the family should be contacted within 10 days.

**If a family doesn't qualify now, they can apply again later** if their income goes down during the year, or they start getting Food Stamps or other benefits, or family size increases.

## Your child could be eligible for free or reduced-price meals at school

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For more information contact:

**Food Research & Action Center**  
1875 Connecticut Ave NW  
Suite 540  
Washington, DC 20009

Phone: 202-986-2200  
Fax: 202-986-2525  
[www.frac.org](http://www.frac.org)

Get the facts here on a great program that helps children learn and grow

# School Nutrition Programs

## What are the school nutrition programs?

Every day schools offer healthy meals to students through the school nutrition programs.

The National School Lunch Program and School Breakfast Program are government funded meals programs. All meals must meet good nutritional standards.

## How do the programs work?

Meals are available to all students.

Some children pay the advertised price, but low and moderate income children qualify for free or reduced-price meals.

The maximum charge for reduced price is 30 cents for breakfast and 40 cents for lunch.

Children who qualify for free or reduced-price meals are not publicly identified in any way.



## Why eat school meals?

- Helps make family food budgets go further
- Healthy meals and snacks – from breakfast to afterschool
- Proven to help children achieve better in school

## How does a child qualify?

There are **two** ways to qualify:

- If a family currently receives Food Stamps, Temporary Assistance for Needy Families (TANF), or participates in the Food Distribution Program on Indian Reservations (FDPIR) the child is eligible for free school meals. Also, foster children and children who are migrant, homeless or runaway qualify for free meals.
- If a household's total income is below certain amounts, a child can eat free or at a very reduced price. The school determines who qualifies based on a completed application.

The charts on the next page show the income limits for both free and reduced price meals.

## Income Eligibility Guidelines

July 1, 2011—June 30, 2012

Household size	Free Meals Maximum Family Income		
	Annual	Month	Week
1	\$ 14,157	\$ 1,180	\$ 273
2	19,123	1,594	368
3	24,089	2,008	464
4	29,055	2,422	559
5	34,021	2,836	655
6	38,987	3,249	750
7	43,953	3,663	846
8	48,919	4,077	941
For each add'l family member add	+ 4,966	+ 414	+ 96

Household size	Reduced Price Meal Maximum Family Income		
	Annual	Month	Week
1	\$ 20,147	\$ 1,679	\$ 388
2	27,214	2,268	524
3	34,281	2,857	660
4	41,348	3,446	796
5	48,415	4,035	932
6	55,482	4,624	1,067
7	62,549	5,213	1,203
8	69,616	5,802	1,339
For each add'l family member add	+ 7,067	+ 589	+ 136