

Why School Meals Are Important

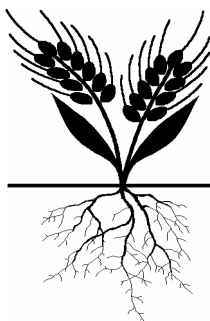
Studies show that children need proper nutrition in order to learn and develop. Yet statistics indicate that over one million children in our state are either hungry or are at risk of hunger. School meal programs ensure that **all** children will get the nutrition they need to grow and develop. Please encourage the children in your community to participate in school meal programs!



School Snacks

As of 1998, the National School Lunch Program also provides nutritious snacks to students enrolled in after-school programs. After school snacks are provided to children on the same income eligibility basis as school meals. Ask your School Food Service Manager or the School Business Office for more information or call the Hunger Action Network.

**For more information about
School Meals, contact
Hunger Action!**



*Getting to the
Root of the
Problem*

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School Meals:

Healthy Food

for

Healthy Kids!



The National School Lunch Program (NSLP) and the School Breakfast Program (SBP) are federally assisted meal programs that provide nutritionally balanced free, low-cost, or full-price meals to schoolchildren.

HEALTHY MEALS AT SCHOOL!!!!

School meals are a great food resource for parents and kids. Parents are guaranteed that their children get the food they need and kids get to enjoy nutritious meals.



Every school day, more than 27 million children in 97,000 schools across the country eat a lunch provided through the National School Lunch Program. More than half of these children receive the meal free or at a reduced price. Through the School Breakfast Program, 7.5 million children are eating breakfast in more than 72,000 schools.

The School Lunch Program also provides nutrition education and opportunities for students to practice the skills they learn. All school meals must meet the recommendations of the Dietary Guidelines for Americans.

Who Is Eligible?

All children can obtain nutritious breakfast or lunch at participating schools. Meals may be free, reduced price, or full price depending on the income of the household. Below are the **gross monthly income eligibility guidelines** that a household must meet in order to be eligible for free or reduced price meals. Income guidelines for lunch and breakfast are the same.

Household Size	Reduced Price School Meals	Free School Meals	Household Size	Reduced Price School Meals	Free School Meals
1	\$1476	\$1037	5	\$3486	\$2450
2	\$1978	\$1390	6	\$3989	\$2803
3	\$2481	\$1744	7	\$4491	\$3156
4	\$2984	\$2097	8	\$4994	\$3509

For each additional family member, add \$503 for Reduced Price Meals and \$354 for Free Meals.

Children from households that receive welfare, food stamps or Medicaid automatically qualify for free meals.

Students can be charged no more than 30 cents for reduced price breakfasts and 40 cents for reduced price lunches!



How to Participate

School breakfasts and lunches are available at public schools, nonprofit private schools, or residential child-care institutions. In New York State, almost all public schools are a part of the National School Lunch Program. To receive free or reduced price meals, some children and their families must file an application with the school. Applications can be obtained through the School Food Service Manager or the School Business Office.

Children whose families receive public assistance, food stamps or Medicaid do not need to submit an application. Instead, a certification letter may be obtained from the Office of Temporary and Disability Assistance and submitted to the child's school.

If you do not have a Social Security number, you can indicate that on the application and you will **not** be denied meals.