
How and when can you apply?

You may apply at **any time** during the school year — simply contact your child's principal or school office for an application.

If you are currently receiving Food Stamps, TANF or FDPIR, the only information required is your child's name, the Food Stamp, TANF, or FDPIR case number, and your signature.

If you are not receiving any of the above benefits, your application must include the names of all household members and the current amount of income received by each member. Additionally, you must sign the application and include your social security number, if you have one. If you do not have one, just state that on the application.

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

For more information on federal nutrition programs, please contact:

Food Research & Action Center
1875 Connecticut Ave NW

Suite 540
Washington, DC 20009

Phone: 202-986-2200
www.frac.org
E-mail: aphelps@frac.org



The Food Research and Action Center is a national non-profit organization working to end hunger in America.

**Have recent events
reduced your
family's income?**



**Your child's school
may be able to help!**

**Parents may apply to the
school breakfast and
school lunch programs
at any time
during the school year.**

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

Your child may be eligible for free or reduced price meals.

What are the school nutrition programs?



The National School Lunch Program and School Breakfast Program are federally funded programs that offer children healthy and nutritious meals at school. Most schools offer the lunch program and three-quarters of those offer breakfast also. All meals must meet good nutritional standards.

When a school participates in the Lunch and Breakfast programs, 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. Children who qualify for free or reduced price meals are not singled out or publicly identified.

How does your child qualify?

There are **two** ways to qualify.

1. If you currently receive Food Stamps, TANF (Temporary Assistance for Needy Families), or participate in the Food Distribution Program on Indian Reservations (FDPIR) your child is eligible for free school meals for as long as you receive these benefits.

2. If your household's total income is below certain amounts, your child can eat free or at a very reduced price. For the current school year, the maximum income for a family of four to qualify for free meals is \$23,530 per year (\$453 per week). A family of four that earns more than that, but below \$33,485 a year (\$644 per week), qualifies for reduced price meals.

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

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

Federal Income Limits

Household size	Free Meals Maximum Family Income		
	Annual	Month	Week
1	11,518	960	222
2	15,522	1,294	299
3	19,526	1,628	376
4	23,530	1,961	453
5	27,534	2,295	530
6	31,538	2,629	607
7	35,542	2,962	684
8	39,546	3,296	761
For each add'l family member add	+4,004	+334	+77

Household size	Reduced Price Meals Maximum Family Income		
	Annual	Month	Week
1	16,391	1,336	316
2	22,089	1,841	425
3	27,787	2,316	535
4	33,485	2,791	644
5	39,183	3,266	754
6	44,881	3,741	864
7	50,579	4,215	973
8	56,277	4,690	1,083
For each add'l family member add	+5,698	+475	+110