

Dear friend,

Making sure our kids get a healthy, nutritious breakfast and lunch at school is essential for their well-being and physical and educational growth. That's why I want to make sure all families know about the National School Lunch Program (NSLP), a federally funded program which provides free and reduced-price meals to children of families who meet certain income requirements. Students are also eligible for free and reduced-price breakfast through the School Breakfast Program (SBP) which has the same income requirements.

This pamphlet provides information on eligibility requirements and other important program details, including how to sign your children up. I encourage you to review this information and take advantage of this crucial program. As always, if you have questions about this or any other community issue, please don't hesitate to contact my office.

Sincerely,



Member of Assembly



112 Spring Street, Suite 109
Saratoga Springs, NY 12866
518-584-5493 | woernerc@nyassembly.gov

Look inside

**to learn
about free and
reduced-price
meals at schools**

National School Breakfast and Lunch programs:

What you need to know



**Assemblywoman
Carrie Woerner**

Am I eligible?

- ▶ You must be a resident of New York State and a primary caregiver or parent of a child who attends school.
- ▶ You must meet certain income requirements (see chart to right).



Meal Categories

Free

Reduced Price (\$.25)

Eligibility*

Income up to 130% of poverty line

\$30,615 annually for a family of 4

Income up to 185% of poverty line

\$43,568 annually for a family of 4

*income levels may change annually

How does it help my family?

- ▶ Students receive healthy breakfasts and lunches that meet federal nutrition standards and give them the fuel they need to learn.
- ▶ All students, regardless of meal category, receive the same meal.
- ▶ Students are not identified as a free or reduced-price meal recipient or discriminated against in any way.

How do I apply?

- ▶ To apply for free or reduced-price meals, contact your school.
- ▶ Applications are kept confidential and may be submitted at any point during the school year. Your school will notify you of your eligibility status based on the documentation you provide.
- ▶ Families fill out applications at the beginning of the school year through your school district (Information about family size, income and sources of income are required).
- ▶ Families who receive TANF and/or SNAP benefits may simply submit a direct certification letter provided by the state or local department of social services to your children's school, or complete an application that only requires a case number, names of your children and your signature.

Visit www.otda.ny.gov/workingfamilies/schoollunch.asp for more information.