

FREE & REDUCED SCHOOL MEALS



**Has your income status recently changed?
Not familiar with the USDA Free & Reduced Meal Program?**

**It is never too late to apply for Free or Reduced Cost
breakfast and lunch!!**

School Meals Save You Money!

There are significant personal cost savings by participating in the Free and Reduced Lunch Program.

Based on the National average*, a high school student eating in the school café every day spends:

\$468.00

per year on lunch

\$271.80

per year on breakfast

By utilizing Free or Reduced meal benefits, those costs for lunch an entire year could be:

\$0.00

for Free students

\$72.00

for Reduced students

**average and calculation per the USDA*

Did you know you can apply for school meals any time during the school year by submitting an application directly to your school or district?

You may ask for an application any time during the school year. If you're earning at or below current [Income Eligibility Guidelines](#), you are encouraged to contact your school or district to fill out a school meal application. Applications are reviewed by local school or district officials before granting free or reduced price benefits. If you receive [Supplemental Nutrition Assistance Program \(SNAP\)](#) benefits, all of your children who attend school automatically qualify for free school meals. Participation in other Federal assistance programs, including [Temporary Assistance for Needy Families \(TANF\)](#) also provides automatic eligibility. Please contact your school to determine if you need to fill out an application.

You can trust that your family information is kept confidential and can only be used for determining eligibility for free or reduced price meals at school. Free and Reduced Program status information is confidential and will not identify or single out any students on the program.

**For more information, or to apply, visit: <http://www.sterlingschool.org/>
Or please contact: Main office @ 860-564-2729**

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