

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 3SquaresVT (formerly Food Stamps) the only information required is your child’s name, the 3SquaresVT case number, and your signature. If you are receiving Migrant Education Benefits or are without permanent housing, your child is eligible for free school meals.

For households that do not fit into one of the above categories—the application is short and simple. Once the application is returned to the school, you should be contacted within 10 days.

If you need assistance in filling out the application, request help from the school or contact the Vermont Campaign to End Childhood Hunger at [802-865-0255](tel:802-865-0255).

For more information
on federal nutrition programs,
please contact:



**The Vermont Campaign
to End Childhood Hunger**

**180 Flynn Avenue
Burlington, VT 05401**

Phone: 1-802-865-0255

Or email: srobinson@vtnohunger.org



**The Vermont Campaign to
End Childhood Hunger**

is a nonprofit, member supported
organization that promotes programs and
advocates for policies that lead to the
prevention of hunger.

Has your income recently changed?



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

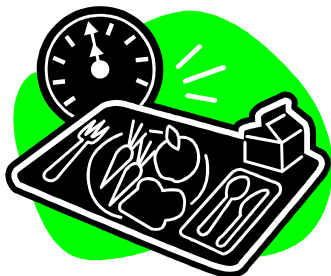
Families may apply for
free or reduced price
**school breakfast &
school lunch programs**
at any time
during the school year.



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. In Vermont, 95% of schools offer the lunch program and 91% offer the breakfast program. 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. Categorical eligibility: If you currently receive 3SquaresVT (formerly Food Stamps), Migrant Education benefits, or if your family is without permanent housing, your child is eligible for free school meals.
2. Income eligibility: If your household earns less than a certain total income, your child can eat for 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 \$28,665 per year (\$552 per week). A family of four that earns more than that, but below \$40,793 a year (\$785 per week), qualifies for reduced price meals.

All children who qualify for free or reduced price school meals receive a free breakfast. Reduced-price eligible students pay 40 cents for lunch.

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

Federal Income Limits 2009-2010

Household Size	Free Meals Maximum Family Income		
	Annual	Month	Week
1	\$14,079	\$1,174	\$271
2	\$18,941	\$1,579	\$365
3	\$23,803	\$1,984	\$458
4	\$28,665	\$2,289	\$552
5	\$33,527	\$2,794	\$645
6	\$38,389	\$3,200	\$739
7	\$43,251	\$3,605	\$832
8	\$48,113	\$4,010	\$926
For each add'l family member add: + \$4,862 + \$406 + \$94			

Household Size	Reduced Price Meals Maximum Family Income		
	Annual	Month	Week
1	\$20,036	\$1,670	\$386
2	\$26,955	\$2,247	\$519
3	\$33,874	\$2,823	\$652
4	\$40,793	\$3,400	\$785
5	\$47,712	\$3,976	\$918
6	\$54,631	\$4,553	\$1,051
7	\$61,550	\$5,130	\$1,184
8	\$68,469	\$5,706	\$1,317
For each add'l family member add: + \$6,919 + \$577 + \$134			

