

#SupportSchoolMeals

to support your family and your community.



Everything you need to know about free school meals.

WHY IS IT AVAILABLE?

To help ensure children have access to nutritious food as the country recovers from the COVID-19 pandemic.

1 in 4 kids in the U.S. could face hunger this year because of COVID-19.¹

WHO IS IT FOR?

Any child age 18 and under.

WHERE?

Check with your school district to learn more about free meals this fall.



Why you should participate:



Picking-up or eating free meals supports the school nutrition program.



COMMUNITY BENEFITS

Every day,

30 MILLION

kids rely on school meals for their daily nutrition.²



Ensures the whole school community has access to nutritious meals.

Free meals help lower your grocery budget



and reduce the stress of meal preparation.



FAMILY BENEFITS

YOU GET FREE MEALS FOR YOUR CHILDREN while supporting your community.



Research shows that students who participate in the school meal programs consume more milk, fruits, & vegetables during meal times.³

MORE MEALS
=
MORE FUNDING

MORE FUNDING means we can serve **MORE STUDENTS.**

1 <https://www.nokidhungry.org/coronavirus>
2 <https://frac.org/programs/national-school-lunch-program>
3 <https://www.cdc.gov/healthyschools/npao/schoolmeals.htm>