

#SupportSchoolMeals

to support your family and your community.



Everything you need to know about free school meals.

WHY IS IT AVAILABLE?

To help provide safe, healthy meals free of charge to children.

The most nutritious foods kids eat are from schools.¹

WHO IS IT FOR?

Any child age 18 and under.

WHERE?

Check with your school district to learn more about free meals through June 30, 2022.



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

MORE MEALS



MORE FUNDING

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



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

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1 Na M. Disparities in Diet Quality in School-Age Children—Opportunities and Challenges. JAMA Netw Open. 2021;4(4):e215358.doi:10.1001/jamanetworkopen.2021.5358
2 <https://frac.org/programs/national-school-lunch-program>
3 <https://www.cdc.gov/healthyschools/npao/schoolmeals.htm>