

# #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.<sup>1</sup>

## 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.<sup>2</sup>

Free meals help lower your grocery budget



and reduce the stress of meal preparation.



**FAMILY BENEFITS**



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

**MORE MEALS**  
=  
**MORE FUNDING**

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



Ensures the whole school community has access to nutritious meals.

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

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