

School Meals:

5 Reasons Why It's Time to Try Support Local CT School Districts

CONNECTICUT - CT School Meals at no cost to families is a [USDA](#) federally-funded program administered by the [Connecticut State Department of Education](#) (CSDE) and provides free nutritious breakfasts, lunches, dinners, and snacks to children 18-years of age and younger, no questions asked at most sites. This year, through federal waivers, many sites have the added flexibilities to improve access to meals, including: allowing parents and guardians to pick up meals; offering multiple meals (breakfast and lunch, or meals for multiple days) during one pick-up; and allowing those meals to be consumed off-site. This is through June 2021!.

All children age 18-and-under can receive meals at no cost. Your local school district needs your support to continue to feed the children of Connecticut. If you already enjoy school meals we thank you and ask that you reach out to a friend or family member for them to try too. If you have never tried a school meal now is the time to go out and support your local community and school!

Parents/Guardians should double check with their local school district and the CSDE List of participating districts.

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COMIDAS ESCOLARES, ALGUIEN?

Aprenda cómo puede recoger las comidas escolares sin costo

comuníquese con su distrito local para obtener más información o visite www.snact.org

SCHOOL MEALS
FIVE REASONS WHY IT'S TIME TO TRY

SCHOOL NUTRITION ASSOCIATION OF CONNECTICUT

SCHOOL MEALS, ANYONE?

Check out how you can pick up school meals at no cost!

Reach out to your local school district for more information or visit www.snact.org

SCHOOL MEALS
FIVE REASONS WHY IT'S TIME TO TRY

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5 Reasons Why to try school meals!

School Meals are available at no cost to families

#nocostschoolmealsct

- School meals help extend a family's grocery budget
- School meals reduce the stress of preparing breakfast and lunch at home
- Children enjoy having a familiar meal- whether they are in school or at home
- By taking a meal families ARE NOT taking meals away from someone who needs it more and ARE NOT costing their district money.

School Meals are healthy and nutritious

#ctschoolmeals

- School meals meet strict federal and state guidelines so that children receive balanced and nutritious meals.
- SN professionals prepare delicious meals that meet federal guidelines and can be served safely to students whether they are in the cafeteria, classroom or picking up meals to eat at home.
- Research shows that students who participate in school meal programs consume more fruits, vegetables and milk during meal times.

School Meals are available to all children aged 18 and under

#SchoolMealsatHomect

- School Meals are available to all children because of federal funding from the USDA
- There are no income guidelines or paperwork.
- Meals are offered at no charge whether children are dining in school or picking meals up to eat at home.
- Many districts offer weekend and holiday meal boxes as well.

School Meals support local farms and businesses

#SupportLocalSchoolMealsct

- School nutrition programs support and purchase from local farms and businesses- school meal dollars stay in and support your community.

School Meals support your school district

#schoolmealsct

- Picking up or eating a meal in school supports your district's school nutrition program- by taking a meal you are helping your school nutrition program
- School nutrition employees are residents of the community- a strong program keeps more local people employed.

