

What to Know: Nutrition Assistance Programs Available for Children

The programs listed below are administered by the Texas Department of Agriculture's (TDA) Food and Nutrition Division and provide meals to eligible students.

- **National School Lunch Program (NSLP)** – All students eligible to received meals. No cost or reduced-price lunch available to eligible students during the school year
- **School Breakfast Program (SBP)** – All students eligible to received meals. No cost or reduced-price breakfast available to eligible students during the school year
- **Summer Meal Programs** – no cost meals during the summer (June through September) for students 18 and younger and enrolled students with disabilities up to 21 years

Determining eligibility

If the household income is within the Federal Income Eligibility Guidelines, children may qualify for no cost or reduced-price meals. A student may also qualify for certain nutrition programs if they or their household meets the following criteria:

- Any person in the household participates in the Supplemental Nutrition Assistance Program (SNAP or food stamps) or receives Temporary Assistance for Need Families (TANF or welfare) benefits
- The student is a foster child under the legal responsibility of the Texas Department of Family and Protective Services (DFPS) or a court
- The student is enrolled in Head Start, is homeless, a runaway, or is a member of a migrant family

TDA also offers an income-based tool to determine if the household qualifies for meals before they submit an application. **That tool is available at:** [SquareMeals.org/AmIEligible](https://www.squaremeals.org/AmIEligible)

Staff should be prepared to answer the following questions

- Can my child eat a no cost meal today?
- When am I allowed to apply?
- How long does the application process take?
- Where can I get an application to apply for assistance?
- Can I take my application back?
- What if my children are too young for school?
- Where can I get food for myself?

For more information visit [Squaremeals.org](https://www.squaremeals.org) or speak with your Child Nutrition Department.



Food and Nutrition Division
Nutrition Assistance Programs



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