

# 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.

