

How do I apply?

To sign your child up for free school meals, speak with the:

- ◆ Local educational agency liaison for homeless children (ask at your child's school), or
- ◆ Principal of your child's school, or
- ◆ Homeless shelter director (if you're staying in one).

These people will help you get free school meals for your child fast.

New rules allow these people to designate your eligibility for this faster service and they can pass the information along to the school's food program.



Who Can I Call If I Have Questions?

For more information about School Lunch and Breakfast Programs in Houston, please contact:

Constance Thompson
(713) 556-7019
Homeless Liaison &
Program Coordinator
Houston Independent School
District

FRAC
(202) 986-2200
www.frac.org



FOUNDATION

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Feed the Most Vulnerable Project*



Is Your Family Facing Homelessness or Housing Problems?

Special New Rules Make Signing Up For Free School Meals Fast and Easy!



School Meals

All parents know that nutritious meals are important for children to grow, keep healthy and learn.

When times get tough it can be hard to get children all the healthy food they need.

Free breakfast, lunch and after-school snacks served through the National School Lunch and School Breakfast Programs may be one way to make sure your child can grow and learn.

The National School Lunch and Breakfast Program is an equal opportunity program administered Houston Independent School District.



New Rules Make Signing Up For Free School Meals Fast and Easy

The school lunch and breakfast programs have special new rules to help families facing housing problems and homelessness. These rules allow children and youth to quickly qualify for free school meals.

No documents or paperwork are required.



Who May Be Eligible?

Children and youth in families with housing problems that have forced them to:

- ◆ Live temporarily with another family.
- ◆ Live in a motel, campground or car.
- ◆ Live in an emergency, domestic violence or transitional shelter.



Children and youth on their own:

- ◆ Living temporarily with another family.
- ◆ Living in a motel, campground or car.
- ◆ Living in an emergency, transitional or runaway shelter.
- ◆ Awaiting foster care placement.