

21 Academy Street, Colebrook, New Hampshire 03576

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# Colebrook Academy and Elementary School

SCHOOL YEAR <u>2025-2026</u>

# FREQUENTLY ASKED QUESTIONS ABOUT FREE AND REDUCED-PRICE SCHOOL MEALS UNDER THE UNITED STATES DEPARTMENT OF AGRICULTURE (USDA) NATIONAL SCHOOL LUNCH PROGRAM (NSLP)

#### Dear Parent/Guardian:

CAES School offers healthy meals every school day under the USDA National School Lunch Program. CAES School has priced meals at \$1.80 for Breakfast and \$3.05 for Lunch, for grades PK-5 and \$3.25 for grades 6-12. Your children may qualify for free meals or for reduced-price meals under this program. If your household qualifies for reduced-priced meals, Breakfast would be at no cost and lunch would be priced at \$0.40. Below are some common questions and answers to aid in the process of determining your child's eligibility.

#### 1. WHO CAN GET FREE OR REDUCED PRICE MEALS?

- All children in households receiving benefits from NH SNAP or NH TANF, are eligible for free meals.
- Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.
- Children participating in their school's Head Start program are eligible for free meals.
- Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.
- Children may receive free or reduced-price meals if your household's income is within the limits set by the Federal Income Eligibility Guidelines in the chart below.

#### Income Guidelines for Child Nutrition Programs: July 1, 2025, to June 30, 2026

Household size	Annual	Monthly	Twice per month	Every two weeks	Weekly
1	28,953	2,413	1,207	1,114	557
2	39,128	3,261	1,631	1,505	753
3	49,303	4,109	2,055	1,897	949
4	59,478	4,957	2,479	2,288	1,144
5	69,653	5,805	2,903	2,679	1,340
6	79,828	6,653	3,327	3,071	1,536
7	90,003	7,501	3,751	3,462	1,731
8	100,178	8,349	4,175	3,853	1,927
For each additional family member, add	10,175	848	424	392	196

- 2. HOW DO I KNOW IF MY CHILD(REN) QUALIFY AS HOMELESS, MIGRANT, OR RUNAWAY?
  - Do the members of your household lack a permanent address? Are you staying together in a shelter, hotel, or other temporary housing arrangement? Does your family relocate on a seasonal basis? Are any children living with you who have chosen to leave their prior family or household? If you believe children in your household meet these descriptions and haven't been told your children will get free meals, please call the SAU #7 at 603-237-4104 Ext. 4111 or email brenda.puglisi@sau7.org.
- 3. DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD?
  - No. Use one Free and Reduced-Price School Meals Application for all students in your household. We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: SAU #7 21 Academy St. Colebrook NH 03576. Attn: Brenda Puglisi
- 4. SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILD(REN) ARE ALREADY APPROVED FOR FREE MEALS?
  - No, but please read the letter you got carefully and follow the instructions. If any children in your household were missing from your eligibility notification, contact Brenda Puglisi SAU #7 21
     Academy St. Colebrook NH 03576 or email brenda.puglisi@sau7.org immediately.
- 5. CAN I APPLY ONLINE?
  - Yes! You are encouraged to complete an online application instead of a paper application if you are able. The online application has the same requirements and will ask you for the same information as the paper application. Visit <a href="www.sau 7.org">www.sau 7.org</a>, Departments, Food Service, click on link for online application to begin or to learn more about the online application process. Contact <a href="mailto:Brenda Puglisi SAU #7 21 Academy St. Colebrook">Brenda Puglisi SAU #7 21 Academy St. Colebrook</a>, NH 03576 or email <a href="mailto:brenda.puglisi@sau7.org">brenda.puglisi@sau7.org</a>

if you have any questions about the online application.

- 6. MY APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT A NEW ONE?
  - Yes. The application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school has informed you that your child is eligible for the new school year.
- 7. I GET WIC. CAN MY CHILD(REN) GET FREE MEALS?
  - Children in households participating in WIC <u>may</u> be eligible for free or reduced-price meals. Please apply for meals through the income application.

- 8. WILL THE INFORMATION I GIVE BE CHECKED?
  - Yes. We may also ask you to send written proof of the household income you report.
- 9. IF I DON'T QUALIFY NOW, MAY I APPLY LATER?
  - Yes. You may apply at any time during the school year. For example, children with a parent or guardian who becomes unemployed may become eligible for free and reduced-price meals if the household income drops below the income limit.
- 10. WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION?
  - You should talk to school officials. You also may ask for a hearing by calling or writing to: Dana Hilliard SAU #7 Superintendent 21 Academy St. Colebrook, NH 03576 603-237-5571 or email dana.hilliard@sau7.org..
- 11. MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN?
  - Yes. You, your children, or other household members do not have to be U.S. citizens to apply for free or reduced-price meals.
- 12. WHAT IF MY INCOME IS NOT ALWAYS THE SAME?
  - List the amount that you <u>normally</u> receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes. If you have lost a job or had your hours or wages reduced, use your current income.
- 13. WHAT IF SOME HOUSEHOLD MEMBERS HAVE NO INCOME TO REPORT?
  - Household members may not receive some types of income we ask you to report on the
    application or may not receive income at all. Whenever this happens, please write a 0 in the
    field. However, if any income fields are left empty or blank, those will also be counted as zero.
    Please be careful when leaving income fields blank, as we will assume you meant to do so.
- 14. WE ARE IN THE MILITARY; DO WE REPORT OUR INCOME DIFFERENTLY?
  - Your basic pay and cash bonus must be reported as income. If you get any cash value allowances for off-base housing, food, or clothing, or receive Family Subsistence Supplemental Allowance payments, it must also be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. Any additional combat pay resulting from deployment is also excluded from income.
- 15. WHAT IF THERE ISN'T ENOUGH SPACE ON THE APPLICATION FOR MY FAMILY?
  - List any additional household members on a separate piece of paper and attach it to your application. Contact Brenda Puglisi SAU #7 21 Academy St Colebrook NH 03576 or brenda.puglisi@sau7.org to receive a second application.
- 16. MY FAMILY NEEDS MORE HELP, ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR?
  - To find out how to apply for SNAP, TANF, FDPIR or other assistance benefits, contact your local assistance office or call 603 271-9700 or 844-275-3447.

If you have other questions or need help, call 603-237-4104 Ext. 4111..

Sincerely,

(Signature)

Print Name and Title

ISDA is an equal opportunity provider, employer, and lender.



Completing an application takes
less than 10 minutes and
application information remains
private and confidential.
Only one application per household
is needed.

# IT'S MORE THAN A MEAL APPLICATION.

Meal Applications may be downloaded from your school's website or obtained from the district's food service director.



DON'T DELAY! COMPLETE AND SUBMIT AN APPLICATION TODAY!

FILLING OUT THE SCHOOL MEAL APPLICATION MAY HELP PROVIDE:

After School Academic & Enrichment Programs.

Free/reduced meal for the first 30 school days for next school year.

State and Federal funding for school budgets.

Fund computers and technology - at home and for your school. Fee waivers for college applications and admissions tests.

\*parent/guardian consent required to disclose information.

Resources for classrooms, teachers, and children.



# How To Apply for Free and Reduced Price School Meals

Please use these instructions to help you fill out the application for free and reduced price school meals. You only need to submit one application per household, even if your children attend more than one school in the SAU #7 School District.

The application must be filled out completely to determine the eligibility of your child(ren) for free or reduced price school meals. Please follow these instructions in order! Each step of the instructions is the same as the steps on your application. If at any time you are not sure what to do next, please contact Brenda Puglisi at SAU #7 603-237-4104 Ext. 4111 or by email - brenda.puglisi@sau7.org.

Please use a pen (not a pencil) when filling out the application and do your best to print clearly.

# Step 1: List ALL children, infants, and students up to and including grade 12

Tell us how many infants/toddlers, children not in school, and elementary/middle/high school students live in your household. They do NOT have to be related to you to be a part of your household.

Who should I list here? When filling out this section, please include ALL members in your household who are:

- Children age 18 or under AND are supported with the household's income;
- In your care under a formal foster arrangement through a court or state/local agency, or qualify as homeless, migrant, or runaway youth;
- Students attending (regardless of age) Colebrook Academy and Elementary School, Pittsburg School, Stewartstown School.

A) List each child's name. Print each child's name. Use one line of the application for each child. When printing names, write one letter in each box. Stop if you run out of space. If there are more children present than lines on the application, attach a second piece of paper (or a second application if completing electronically) with all required information for the additional children. This also applies to adults in Step 3. "MI" is short for middle initial. Print the first letter of each child's middle name in the box.

If "Yes," write the grade level of the student in the

B) Is the child a student? C) Do you have any foster children? If any children listed are foster children, mark the "Foster Child" box next to the child's name. If "Grade" column to the right. you are ONLY applying for foster children, after "Homeless, Migrant, Runaway" box next to the finishing Step 1, go to Step 4.

> Foster children who live with you may count as members of your household and should be listed on your application. If you are applying for both foster and non-foster children, go to Step 3. Note: Adopted children are not considered foster children. A foster child is a minor child who has been taken into state custody and placed with a state-licensed adult, who cares for the child in place of their parent or quardian.

D) Are any children homeless, migrant, or runaway? If you believe any child listed in this section meets this description, mark the child's name and complete all steps of the application. Homeless, Migrant, Runaway status must be confirmed with the appropriate program staff. If the school district cannot confirm your student's homeless, migrant, or runaway status, then the school district will contact you to complete an income-based application. You may choose to provide income information now in order to prevent the school district from potentially needing to contact you later.

#### Step 2: Do any household members currently participate in SNAP, TANF, or FDPIR?

If anyone in your household (including you) currently participates in one or more of the assistance programs listed below, your children are eligible for free school meals:

- The Supplemental Nutrition Assistance Program (SNAP) or (603) 271-9700
- Temporary Assistance for Needy Families (TANF) or (603) 271-9700
- The Food Distribution Program on Indian Reservations (FDPIR).

# A) If no one in your household participates in any of the above listed programs:

• Check "No" in Step 2 and go to Step 3.

#### B) If anyone in your household participates in any of the above listed programs:

- Write a case number for SNAP, TANF, or FDPIR. You only need to provide one case number. If you participate in one of these programs and do not know your case number, contact:
- (603) 271-9700 NH Department of Health and Human Services (DHHS)
- Go to Step 4.

#### Step 3: List ALL household members and income for each member

#### How do I report my income?

- Use the lists titled "Sources of Income" & "Examples of Income for Children," on the back side of the application form to determine if your household has income to report.
- · Report all amounts in GROSS INCOME ONLY. Report all income in whole dollars. Do not include cents.
  - o Gross income is the total income received before taxes and deductions.
  - Many people think of income as the amount they "take home" and not the total, "gross" amount. Make sure that the income you report on this application
    has NOT been reduced to pay for taxes, insurance premiums, or any other amounts taken from your pay.
- Write a "0" in any fields where there is no income to report. Any income fields left empty or blank will also be counted as a zero. If you write "0" or leave any fields blank, you are certifying (promising) that there is no income to report. If local officials suspect that your household income was reported incorrectly, your application will be investigated.
- Mark how often each type of income is received using the check boxes to the right of each field.

#### 3.A. Report income earned by adults

#### Who should I list here?

- When filling out this section, please include ALL adult members in your household who are living with you and share income and expenses, even if they are not related and even if they do not receive income of their own.
- Do NOT include:
  - o People who live with you but are not supported by your household's income AND do not contribute income to your household.
  - o Infants, children and students already listed in Step 1.

## Step 3: List ALL household members and income for each member

1) List adult household members' names.

Print the name of each household member in the boxes marked "Names of Adult Household Members (First and Last)." Include college students, unless they are declared independently on taxes (all college students are considered adults). Do not list any household members you listed in Step 1.

List earnings from work.

List all income from work in the "Earnings from Work" field on the application. This is usually the money received from working at jobs. If you are a selfemployed business or farm owner, you will report your net income. Net income is your income after taxes and deductions have been subtracted.

- What if I have multiple jobs? List each job separately by entering your name and income from each job on a new line. Add an additional sheet of paper if necessary.
- What if I am self-employed? List income from your business as a net amount. This net amount is calculated by subtracting the total operating expenses of your business from its gross receipts (revenue). Gross receipts or revenue are all the income earned from the sale of any products or services offered.

If a child listed in Step 1 has income, follow the instructions in Step 3, Part B.

List income from public assistance/child support/alimony.

List all income that applies in the "Public Assistance/Child Support/Alimony" field on the application. Do not report the cash value of any public assistance benefits NOT listed on the chart. If income is received from child support or alimony, only report court-ordered payments. Informal but regular payments should be reported as "other" income in the next part.

List income from pensions/retirement/all other income.

List all income that applies in the "Pensions/Retirement/All Other Income" field on the application.

- What if I receive income from multiple sources in this category? List each source separately by entering your name and income from each source on a new line. Add an additional sheet of paper if necessary.
- List total household size.

Enter the total number of household members in the field "Total Household Members (Children and Adults)." This number MUST be equal to the number of household members listed in Step 1 and Step 3. If there are any members of your household that you have not listed on the application, go back and add them. It is very important to list all household members, as the size of your household affects your eligibility for free and reduced price meals.

Provide the last four digits of your Social Security Number.

An adult household member must enter the last four digits of their Social Security Number in the space provided. You are eligible to apply for benefits even if you do not have a Social Security Number. If no adult household members have a Social Security Number, leave this space blank and mark the box to the right labeled "Check if no Social Security Number."

#### 3.B List income earned by children

List all income earned or received by children.

List the combined gross income for ALL children listed in Step 1 in your household in the box marked "Child Income." Only count foster children's income if you are applying for them together with the rest of your household.

What is Child Income? Child income is money received from outside your household that is paid DIRECTLY to your children. Many households do not have any child income.

### Step 4: Contact information and adult signature

All applications must be signed by an adult member of the household. By signing the application, that household member is promising that all information has been truthfully and completely reported. Before completing this section, please also make sure you have read the statements on the back of the application.

- A) Provide your contact information. Write your current mailing address in the fields provided, if this information is available. If you have no permanent address, that is okay. Sharing a phone number, email address, or both is optional, but helps us reach you quickly if we need to contact you.
- B) Print and sign your name and write today's date. Print the name of the adult signing the application and that person signs in the box "Signature of adult."
- C) Mail completed application to:

SAU #7
Attn: Brenda Puglisi
21 Academy St.
Colebrook, NH 03576

#### **Optional**

Share children's racial and ethnic identities (optional). On the back of the application, we ask you to share information about your children's race and ethnicity. This field is optional and does not affect your children's eligibility for free or reduced price school meals. This information is requested solely for the purpose of determining the State's compliance with Federal civil rights laws, and your response will not affect consideration of your application, and may be protected by the Privacy Act. By providing this information, you will assist us in assuring that this program is administered in a nondiscriminatory manner.

Please return the application directly to your child's SCHOOL. DO <u>NOT</u> mail, fax, or email completed applications or questions about applications to the USDA Office of the Assistant Secretary for Civil Rights or your child's eligibility for free or reduced-price meals will be delayed.

#### School Year 25-26 USDA Household Application for Free and Reduced-Price School Meals

City

Mailing Address (if available)

Complete one application per household. Please use a pen (not a pencil).

APPLY ONLINE: www.sau7.org

RETURN TO (School/District Name)SAU #7 21 Academy St.

ADDRESS: Colebrook, NH 03576

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State

Zip

Phone (optional)

Email (optional)

#### SOURCES AND EXAMPLES OF INCOME

For additional information on income, please refer to the instructions that accompany this application.

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rnings from Work	Public Assistance/Alimony/ Child Support	Pensions/Retirement/ All other sources of income	A child has a regular full or part-time job where they or	earn a salary or wages
Salary, wages, cash bonuses, tips, commissions Net income from self-employment (farm or business)	Unemployment benefits     Workers' compensation     Supplemental Security Income (SSI)	Social Security/Disability (including railroad retirement and black lung benefits)     Private Pensions or disability benefits	A child is blind or disabled and receives Social Security     A parent is disabled, retired, or deceased, and their ch	
u are in the U.S. Military: usic pay and cash bonuses (do NOT include umbat pay, FSSA, or privatized housing	Cash assistance from State or local government     Alimony payments     Child support payments	Income from trusts or estates     Annuities     Investment income     Earned interest	A friend or extended family member regularly gives a	child spending money
owances) owances for of-base housing, food, d clothing	Veterans' benefits     Strike benefits	Rental income     Regular cash payments from outside household	A child receives regular income from a private pension	fund, annuity, or trust
TIONAL Children's ethnic and rac	rial identities. This information is kent as	nfidential and may be protected by the Priva	DV Act of 1074	1
Children's enfinic and rac	di idenimes. This information is kept co	mildeniidi and may be profected by the rilva	Cy ACI 01 1774.	
(check one or more): American India	ian or Alaska Native Asian l	n or Central American, or other Spanish Culture or origin  Black or African American Native Hawaiian or o		ivil Rights.
NOT FILL OUT For school use of	inly.			
ual Income Conversion: Weekly × 52, 1	Every 2 Weeks × 26, Twice a Month × 24, Mo How often?	onthly × 12. Do not annualize income to determi	ne eligibility unless more than one income frequency Eligibility	is listed.
Income	Weekly 2Weeks 2xMonth Monthly Annual	usehold size  Categorical Eligib	Free Reduced Denied	
mining Official's Signature	Date Confirming	Official's Signature Da	verifying Official's Signature	Date
of Information Statement				
		The contact information below is solely to fil	e a complaint of discrimination	
Richard B. Russell National School Lunch	Supplied the Control of the Control	The competitionnation below is solely to the	c a complain of discinnication	
n this application to see who qualifies for fre	ibility information with advection boolth   Ir		partment of Agriculture (USDA) civil rights regulations and p	
rove complete forms. We may share your elign nutrition programs to help them deliver progr	ibility information with education, health,	mployees, and institutions participating in or administ	ering USDA programs are prohibited from discriminating bas	sed on race, color, national origin, r
aw enforcement may also use your informatio	26		rus, income derived from a public assistance program, politi	
are emoreement may also use your informatio	in to make saile that program rates are met.   C	ivil rights activity. In any program or activity conducte	d or funded by USDA (not all bases apply to all programs). F	semegies and complaint filing deac

Please be sure to provide the last four numbers of the Social Security number of the adult household member who signs the application. If the adult does not have one, 'Check if no Social Security Number.' Applications for a foster child do not need to list a Social Security number. Applications for children in households receiving Supplemental Nutrition Assistance Program (SNAP) or Temporary Assistance for Needy Families (TANF) or Food Distribution Program on Indian Reservations (FDPIR) do not need to list a Social Security number. Some children qualify for free meals without an application. Please contact your school to get

free meals for a foster child, and children who are homeless, migrant, or runaway.

by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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#### Application Prototype Cover Page

OMB Number: 0584-0026 Expiration Date: 07/31/2023

This information is being collected to assist the Food and Nutrition Service (FNS) in providing program operators an application prototype for participation in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). This application prototype meets all of the regulatory requirements. While it is voluntary for program operators to use this application prototype, the information it collects is required for applicants to obtain program benefits in accordance with the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. § 1758). FNS does not use the information collected at the local level. This collection requests personally identifiable information under the Privacy Act of 1974; all responses are to be kept private to the extent provided by law. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The OMB control number for this information collection is 0584-0026. The time required to complete this information collection is estimated to average 7 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Child Nutrition, Office of Policy Support, 1320 Braddock Place, 5th Floor, Alexandria, VA 22314, ATTN: PRA (0584-0026). Do **not** return the completed form to this address.