



## FREE AND REDUCED PRICE SCHOOL MEALS FREQUENTLY ASKED QUESTIONS

Dear Parent/Guardian:

Children need healthy meals to learn. **Helena School District** offers healthy meals every school day. The meal rates for the 2020-2021 school year will be as follows: Breakfast **\$1.45**; Elementary School Lunch **\$2.75**; Middle School and High School Lunch **\$2.85**. **Your children may qualify for free meals or for reduced price meals.** Reduced price is **\$0.30** for breakfast and **\$0.40** for lunch. This packet includes an application for free or reduced price meal benefits, and a set of detailed instructions. You may now **APPLY ONLINE** at [www.mymealtime.com/apps](http://www.mymealtime.com/apps) and follow the instructions. Below are some common questions and answers to help you with the application process.

1. WHO CAN GET FREE OR REDUCED PRICE MEALS?

- All children in households receiving benefits from **SNAP, Food Distribution Program on Indian Reservations (FDPIR)** or **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 on the Federal Income Eligibility Guidelines.

FEDERAL INCOME ELIGIBILITY CHART – For School Year 2020-2021			
Household size	Yearly	Monthly	Weekly
1	\$23,606	\$1,968	\$454
2	\$31,894	\$2,658	\$614
3	\$40,182	\$3,349	\$773
4	\$48,470	\$4,040	\$933
5	\$56,758	\$4,730	\$1,092
6	\$65,046	\$5,421	\$1,251
7	\$73,334	\$6,112	\$1,411
8	\$81,622	\$6,802	\$1,570
Each additional person add:	\$8,288	\$691	\$160

2. HOW DO I KNOW IF MY CHILDREN 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 or e-mail **school, homeless liaison or migrant coordinator**.
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 that attend Helena School District #1.* We cannot approve an application that is not complete, so be sure to fill out all required information. Return the completed application to: **Sharon Jensen, 55 S Rodney Helena MT 59601, [sjensen@helenaschools.org](mailto:sjensen@helenaschools.org) or your child(ren)'s school secretary.**
4. SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN 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 **Sharon Jensen at 406-324-2042 or [sjensen@helenaschools.org](mailto:sjensen@helenaschools.org)** immediately.

5. MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT A NEW ONE? **YES!** Your child's application is only good for that school year and for the first few days of this school year, through **10/8/2020**. You must send in a new application unless the school told you that your child is eligible for the new school year. If you do not send in a new application that is approved by the school or you have not been notified that your child is eligible for free meals, your child will be charged the full price for meals.
6. I GET WIC. CAN MY CHILDREN GET FREE MEALS? Children in households participating in WIC may be eligible for free or reduced price meals. Please send in an application.
7. WILL THE INFORMATION I GIVE BE CHECKED? Yes. We may also ask you to send written proof of the household income you report.
8. 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.
9. 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: **Janelle Mickelson, 55 S Rodney Helena MT 59601, 406-324-2040, [jmickelson@helenaschools.org](mailto:jmickelson@helenaschools.org)**.
10. 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.
11. WHAT IF MY INCOME IS NOT ALWAYS THE SAME? List the amount that you normally 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.
12. 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 zeroes. Please be careful when leaving income fields blank, as we will assume you meant to do so.
13. WE ARE IN THE MILITARY. DO WE REPORT OUR INCOME DIFFERENTLY? Your basic pay and cash bonuses must be reported as income. If you get any cash value allowances for off-base housing, food, or clothing, 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.
14. 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.
15. MY FAMILY NEEDS MORE HELP. ARE THERE OTHER PROGRAMS WE MIGHT APPLY FOR? To find out how to apply for **SNAP** or other assistance benefits, call the Montana Public Assistance Helpline at 1-888-706-1535, apply online at [www.apply.mt.gov](http://www.apply.mt.gov) or contact a local assistance office.
16. **WHERE DO I SEND MY COMPLETED APPLICATION?** Send your completed application to the Secretary at your child(ren)'s school, or directly to Sharon Jensen at the May Butler Center 55 S Rodney Street Helena MT 59601 ([sjensen@helenaschools.org](mailto:sjensen@helenaschools.org).)

If you have other questions or need help, call **406-324-2042**.

Sincerely,

*Sharon Jensen*

Sharon Jensen  
Helena School District #1  
55 S Rodney Street  
Helena, MT 59601  
406-324-2042  
[sjensen@helenaschools.org](mailto:sjensen@helenaschools.org)

## Application Instructions for Free and Reduced Meals

Please use these instructions to help you fill out the application for free or reduced price school meals. You only need to submit one application per household if your children attend Helena School District. The application must be filled out completely to certify your children 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 Sharon Jensen at 406-324-2042 or [siensen@helenaschools.org](mailto:siensen@helenaschools.org). Please use a pen (not a pencil) to complete the application and print clearly.

### STEP 1: List all CHILDREN in the household.

Tell us how many infants, children, and 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?

- Children age 18 or under and are supported with the household's income;
- Children in your care under a foster arrangement, or who qualify as homeless, migrant, or runaway youth;
- Students attending Helena School District, *regardless of age*.

**A) List each child's name.** For each child, print their first name, middle initial and last name. Use one line of the application for each child. If there are more children present than lines on the application, attach a second piece of paper with all required information for the additional children.

**B) Is the child a student?** If attending school, indicate the name of school and grade level for each child and mark 'Yes' or 'No' under the column titled "Student" to tell us which children attend **Helena School District**.

**C) Are any children homeless, runaway, or migrant?** If you believe any child listed in this section may meet this description, please mark the "Homeless, Migrant, Runaway" box next to the child's name and **complete all steps of the application**.

**D) Do you have any foster children?** If any children listed are foster children, mark the "Foster Child" box next to the child's name. Foster children who live with you may count as members of your household and should be listed on your application. If you are *only* applying for foster children, after completing STEP 1, skip to STEP 4 of the application and these instructions.

### STEP 2: Participation in SNAP, TANF or FDIPIR?

#### If anyone in your household participates in any of the programs below, your children are eligible for free school meals:

- The Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps
- Temporary Assistance for Needy Families (TANF)
- Food Distribution Program on Indian Reservations (FDPIR)

**A) IF NO ONE IN YOUR HOUSEHOLD PARTICIPATES IN ANY OF THE ABOVE LISTED PROGRAMS:**

- Mark 'NO' in the box and skip to STEP 3 on these instructions and STEP 3 on your application.
- Leave the MT Case# blank.

**B) IF ANYONE IN YOUR HOUSEHOLD PARTICIPATES IN ANY OF THE ABOVE LISTED PROGRAMS:**

- Mark 'YES' in the box and provide a MT case number for SNAP, TANF, or FDIPIR. You only need to write one case number. If you participate in SNAP and do not know your case number, contact: 1-866-850-1556. You must provide a MT case number on your application if you marked the box "YES."
- Skip to STEP 4.

### STEP 3: Report Income for ALL Household Members.

**A) Child Income. Report all income earned by children.** Refer to the chart titled "Sources of Income for Children" in these instructions and report the combined gross income for ALL children listed in Step 1 in your household in the box marked "Total Child Income." **Only** count foster children's income if you are applying for them together with the rest of your household. It is optional for the household to list foster children living with them as part of the household.

#### What is Child Income?

Child income is money received from outside your household that is paid directly to your children on a regular/frequent basis. Many households do not have any child income. Use the chart below to determine if your household has child income to report.

Sources of Income for Children	
Sources of Child Income	Example(s)
<ul style="list-style-type: none"> <li>• Regular earnings from work</li> </ul>	<ul style="list-style-type: none"> <li>• A child has a job where they earn a salary or wages.</li> </ul>
<ul style="list-style-type: none"> <li>• Social Security <ul style="list-style-type: none"> <li>◦ Disability Payments</li> <li>◦ Survivor's Benefits</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• A child is blind or disabled and receives Social Security benefits.</li> <li>• A parent is disabled, retired, or deceased, and their child receives social security benefits.</li> </ul>
<ul style="list-style-type: none"> <li>• Income from persons <i>outside</i> the household</li> </ul>	<ul style="list-style-type: none"> <li>• A friend or extended family member <i>regularly</i> gives a child spending money.</li> </ul>
<ul style="list-style-type: none"> <li>• Income from any other source</li> </ul>	<ul style="list-style-type: none"> <li>• A child receives income from a private pension fund, annuity, or trust.</li> </ul>

**B) Adult Income.** Print the first and last name of all Household Members not listed in STEP 1 even if no one receives income.

**Adult Income - Who should I list here?**

When filling out this section, please include all members in your household who are:

- Living with you and share income and expenses, even if not related and even if they do not receive income of their own.

Do not include people who:

- Live with you but are not supported by your household's income and who do not contribute income to your household.
- Children and students already listed in Step 1. If a child listed in STEP 1 has income, follow the instructions in STEP 3, part A.

**C) Sources of Income.**

**Report earnings from work.** Refer to the chart titled "Sources of Income for Adults" in these instructions and report 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 self-employed business or farm owner, you will report your net income. This is calculated by subtracting the total operating expenses of your business from its gross receipts or revenue.

**Report income from Public Assistance/Child Support/Alimony.** Refer to the chart titled "Sources of Income for Adults" in these instructions and report all income that applies in the "Public Assistance/Child Support/Alimony" field on the application. Do not report the value of any cash value public assistance benefits NOT listed on the chart. If income is received from child support or alimony, only **court-ordered** payments should be reported here. Informal but regular payments should be reported as "other" income in the next part.

**Report income from Pensions/Retirement/All other income.** Refer to the chart titled "Sources of Income for Adults" in these instructions and report all income that applies in the "Pensions/Retirement/All Other Income" field on the application.

**How do I fill in the amount and how often it is received?**

*For each type of income.*

- Report all amounts as gross income ONLY. Report income in whole dollars. Do not include cents.
  - Gross income is the total income received before taxes or 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 be counted as zeroes. If you write '0' or leave any fields blank, you are certifying (promising) that there is no income to report. If local officials have known or available information that your household income was reported incorrectly, your application will be verified for cause.
- Mark the circle to the right of the dollar amount to indicate how often income is received.

**Use this chart to determine if your household has income to report.**

Sources of Income for Adults		
Earnings from Work	Public Assistance/Child Support/Alimony	Pensions/Retirement/All Other Income
<ul style="list-style-type: none"><li>• Salary, wages, cash bonuses</li><li>• <b>Net</b> income from self-employment (farm or business)</li><li>• Strike benefits</li></ul> <p><b>If you are in the U.S. Military:</b></p> <ul style="list-style-type: none"><li>• Basic pay and cash bonuses (do NOT include combat pay, FSSA or privatized housing allowances)</li><li>• Allowances for off-base housing, food, and clothing</li></ul>	<ul style="list-style-type: none"><li>• Unemployment benefits</li><li>• Worker's compensation</li><li>• Supplemental Security Income (SSI)</li><li>• Cash assistance from State or local government</li><li>• Alimony payments</li><li>• Child support payments</li><li>• Veteran's benefits</li></ul>	<ul style="list-style-type: none"><li>• Social Security (including railroad retirement and black lung benefits)</li><li>• Private Pensions or disability</li><li>• Income from trusts or estates</li><li>• Annuities</li><li>• Investment income</li><li>• Earned interest</li><li>• Rental income</li><li>• <i>Regular</i> cash payments from outside household</li></ul>

**D) Report 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 determines your income cutoff for free and reduced price meals.

**E) Provide the last four digits of your Social Security Number.** The household's primary wage earner or another 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 SSN."

**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. **Please also make sure you have read the privacy and civil rights statements on the back of the application.**

**A) Provide your contact information.** Write your current address in the fields provided if this information is available. If you have no permanent address, this does not make your children ineligible for free or reduced price school meals. Sharing a phone number, email address, or both is optional, but helps us reach you quickly if we need to contact you.

**B) Sign and print your name.** Print and sign your name in the designated boxes for the adult completing the form.

**C) Write Today's Date.** In the space provided, write today's date in the box.

**D) 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.

# 2020-21 Application for Free and Reduced-price School Meals

Complete one application per household and return to the school. Please use a pen.

## STEP 1 List ALL CHILDREN in the household. If more space is required for additional names, attach another sheet of paper.

DEFINITIONS:	Child's First Name	MI	Child's Last Name	School	Grade	Student?	Homeless (or)	Migrant	Foster
						Y N	Runaway		
<b>Children in Household:</b> Any infant, child or student up to 12th grade that lives in your household.  <b>Household Member:</b> Anyone who is living with you who shares income and expenses, even if not related.									

## STEP 2 Do any household members (including you) currently participate in one or more of the following Assistance Programs SNAP or TANF or FDIPIR?

☐ **NO** If **NO** household member participates in SNAP or TANF or FDIPIR, complete STEP 3.
 ☐ **YES** If **YES**, write your SNAP or TANF or FDIPIR case number here and then go to STEP 4. Do not complete STEP 3.
 **MT Case #:**

## STEP 3 Report Income for ALL Household Members. Skip this step if you wrote a SNAP or TANF or FDIPIR case number in STEP 2.

**A. Child Income**  
Sometimes children in the household earn income. Please include the TOTAL income earned by all Child Household Members listed in STEP 1 here.

**B. Adult Income (including yourself)**  
List **ALL Household Members not listed in STEP 1** (including yourself) even if they do not receive income. For each Household Member listed, if they do receive income, report total gross income (before taxes) for each source in whole dollars (no cents) only. If they do not receive income from any source, write '0'. If you enter '0' or leave any fields blank, you are certifying (promising) that there is no income to report.

First and Last Name of Adult Household Member	Earnings from Work	Public Assistance/Child Support/ Alimony	Pension/Retirement/ All Other Income	
				Weekly

**C. Total Household Members** (Children and Adults) **D. Last Four Digits of Social Security Number (SSN)** (Primary Wage Earner or Other Adult Household Member)

## STEP 4 Contact Information and Adult Signature.

"I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds, and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws."

**Mailing Address** **Apt #** **City** **State** **Zip** **Daytime Phone and Email (optional)**

**Printed Name of Adult Completing Form** **Signature of Adult Completing Form** **Today's Date**

## SCHOOL USE ONLY School District Must Complete This Section.

**Signature of Determining Official:** **Date:** **Directly Certified (DC) from DCA/Source Records:** ☐ SNAP DC ☐ TANF DC ☐ FDIPIR DC ☐ Homeless/Runaway DC ☐ Migrant DC ☐ Foster DC

**Signature of Confirming Official:** **Date:** **Categorical Eligibility:** ☐ Foster Child ☐ Case Number

**Signature of Verifying Official:** **Date:** **Total Household Income:** \$ per **Household Size:**

**Application Received:** **Application Effective Date:** **Application Approved For:** ☐ Free Meals ☐ Reduced-Price Meals ☐ Application Denied

**ANNUAL INCOME CONVERSION**  
 Weekly X 52  
 Bi-Weekly X 26  
 Twice a Month X 24  
 Monthly X 12  
 Convert to annual income ONLY if different frequencies of income listed.

**OPTIONAL**
**Children's Racial and Ethnic Identities.**

Collecting racial and ethnic information helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children's eligibility for free or reduced price meals.

**Ethnicity:**

- ☐ Hispanic or Latino
- ☐ Not Hispanic or Latino

**Race:**

- ☐ American Indian or Alaskan Native    ☐ Native Hawaiian or Other Pacific Islander
- ☐ Asian    ☐ White
- ☐ Black or African American

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), 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  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

**This institution is an equal opportunity provider.**

**Free/Reduced Price School Meal Application Income Guidelines**

Household Size	Annual	Monthly	Twice a Month	Every Two Weeks	Weekly
1	\$23,606	\$1,968	\$984	\$908	\$454
2	\$31,894	\$2,658	\$1,329	\$1,227	\$614
3	\$40,182	\$3,349	\$1,675	\$1,546	\$773
4	\$48,470	\$4,040	\$2,020	\$1,865	\$933
5	\$56,758	\$4,730	\$2,365	\$2,183	\$1,092
6	\$65,046	\$5,421	\$2,711	\$2,502	\$1,251
7	\$73,334	\$6,112	\$3,056	\$2,821	\$1,411
8	\$81,622	\$6,802	\$3,401	\$3,140	\$1,570
Each additional family member	\$8,288	\$691	\$346	\$319	\$160

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.