



PUBLIC RELEASE FOR NSLP - FREE AND REDUCED PRICED MEALS

EXPLORE ACADEMY - Updated 2022-2023

Explore Academy announces its policy for free and reduced price meals for children unable to pay the full price of meals served under the National School Lunch Program (NSLP). The included household size and income criteria will be used for eligibility. Children from households whose income is at or below the levels in the chart are eligible for free/reduced price meals.

INCOME ELIGIBILITY GUIDELINES											
Effective from July 1, 2022 to June 30, 2023											
HOUSEHOLD SIZE	FEDERAL POVERTY GUIDELINES	REDUCED PRICE MEALS - 185 %					FREE MEALS - 130 %				
	ANNUAL	ANNUAL	MONTHLY	TWICE PER MONTH	EVERY TWO WEEKS	WEEKLY	ANNUAL	MONTHLY	TWICE PER MONTH	EVERY TWO WEEKS	WEEKLY
48 CONTIGUOUS STATES, DISTRICT OF COLUMBIA, GUAM, AND TERRITORIES											
1	13,590	25,142	2,096	1,048	967	484	17,667	1,473	737	680	340
2	18,310	33,874	2,823	1,412	1,303	652	23,803	1,984	992	916	458
3	23,030	42,606	3,551	1,776	1,639	820	29,939	2,495	1,248	1,152	576
4	27,750	51,338	4,279	2,140	1,975	988	36,075	3,007	1,504	1,388	694
5	32,470	60,070	5,006	2,503	2,311	1,156	42,211	3,518	1,759	1,624	812
6	37,190	68,802	5,734	2,867	2,647	1,324	48,347	4,029	2,015	1,860	930
7	41,910	77,534	6,462	3,231	2,983	1,492	54,483	4,541	2,271	2,096	1,048
8	46,630	86,266	7,189	3,595	3,318	1,659	60,619	5,052	2,526	2,332	1,166
For each add'l family member, add	4,720	8,732	728	364	336	168	6,136	512	256	236	118
ALASKA											
1	16,990	31,432	2,620	1,310	1,209	605	22,087	1,841	921	850	425
2	22,890	42,347	3,529	1,765	1,629	815	29,757	2,480	1,240	1,145	573
3	28,790	53,262	4,439	2,220	2,049	1,025	37,427	3,119	1,560	1,440	720
4	34,690	64,177	5,349	2,675	2,469	1,235	45,097	3,759	1,880	1,735	868
5	40,590	75,092	6,258	3,129	2,889	1,445	52,767	4,398	2,199	2,030	1,015
6	46,490	86,007	7,168	3,584	3,308	1,654	60,437	5,037	2,519	2,325	1,163
7	52,390	96,922	8,077	4,039	3,728	1,864	68,107	5,676	2,838	2,620	1,310
8	58,290	107,837	8,987	4,494	4,148	2,074	75,777	6,315	3,158	2,915	1,458
For each add'l family member, add	5,900	10,915	910	455	420	210	7,670	640	320	295	148
HAWAII											
1	15,630	28,916	2,410	1,205	1,113	557	20,319	1,694	847	782	391
2	21,060	38,961	3,247	1,624	1,499	750	27,378	2,282	1,141	1,053	527
3	26,490	49,007	4,084	2,042	1,885	943	34,437	2,870	1,435	1,325	663
4	31,920	59,052	4,921	2,461	2,272	1,136	41,496	3,458	1,729	1,596	798
5	37,350	69,098	5,759	2,880	2,658	1,329	48,555	4,047	2,024	1,868	934
6	42,780	79,143	6,596	3,298	3,044	1,522	55,614	4,635	2,318	2,139	1,070
7	48,210	89,189	7,433	3,717	3,431	1,716	62,673	5,223	2,612	2,411	1,206
8	53,640	99,234	8,270	4,135	3,817	1,909	69,732	5,811	2,906	2,682	1,341
For each add'l family member, add	5,430	10,046	838	419	387	194	7,059	589	295	272	136

- **Where do I apply?** After Jul 1, 2022 information will be sent to enrolled families regarding completing the application online.
- **Do I need to fill out an application for each child?** No. Use one (1) application for all students in your household.
- **Who can get free meals?** Children in households getting Food Stamps or FDPIR and most foster children can get free meals regardless of income. Children can get free meals if your household income is within the free limits on the federal income chart.
- **Can homeless, runaway, and migrant children get free meals?** Submit an application.
- **Who can get reduced price meals?** Children can get low cost meals if your household income is within the reduced price limits of the federal income chart.
- **We get WIC. Can my child(ren) get free meals?** Children in households participating in WIC may be eligible for free or reduced price meals. Submit an application.
- **Will the information I give be checked?** Yes, we may ask you to send written proof.
- **If I don't qualify now, may I apply later?** Yes. You may apply at any time during the school year if your household size goes up, income goes down, or if you start getting Food Stamps, FDPIR, or other benefits. If you lose your job, your children may be able to get free or reduced price meals.
- **What if I disagree with the school's decision about my application?** Request a meeting with school administration.

- **May I apply if someone in my household is not a U.S. citizen?** Yes. You or your child(ren) do not have to be U.S. citizens to qualify.
- **Who should I include as members of my household?** You must include all people living in your household, related or not (such as grandparents, other relatives, or friends). You must include yourself and all children who live with you.
- **What if my income is not always the same?** List the amount that you normally get. For example, if you normally get \$1000 each month, but you missed some work last month and only got \$900, put down that you get \$1000 per month. If you normally get overtime, include it, but not if you get it only sometimes.
- **We are in the military; do we include our housing allowance as income?** If your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income. All other allowances must be included in your gross income. If you have other questions or need help, contact administration.

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