

OUR PROGRAMS

School Breakfast Program (SBP) & National School Lunch Program (NSLP) - provides a nutritionally balanced, free breakfast and lunch to **all students in Pre-K through Grade 12** enrolled in Waterbury's Public Schools

Afterschool Snack Program (ASP) - provides snacks to children in **afterschool activities** aimed at promoting the health and well-being of children and youth in Connecticut's communities

Fresh Fruit & Vegetable Program (FFVP) - provides a variety of **free fresh fruit and vegetables** to children at 26 eligible schools across the city

Child & Adult Care Food Program (CACFP) Supper Program - provides a meal to students during educational and enrichment programs after school

Seamless Summer Option (SSO) of the NSLP - provides **free breakfast and lunch** to children and teens **ages 18 and under** during the **summer** at various sites across the city

MEAL OPTIONS

Menus are posted monthly on Parent Square and the Waterbury Public Schools Website

Meal Modifications are provided as needed for children with special dietary needs, based on the federal nondiscrimination laws and USDA regulations. Please contact your School Nurse for the necessary documentation

Second Choice Meals are offered daily

ELIGIBILITY

Waterbury Public Schools participates in the **Community Eligibility Provision (CEP)**, which allows us to provide a **healthy breakfast and lunch at school at no cost to your household each day of the school year**

All children enrolled in Waterbury Public Schools may participate in the National School Breakfast & National School Lunch Programs **without having to pay a fee or submit a meal application**

BENEFITS OF SCHOOL MEALS

School Meals meet strict federal nutrition standards, including limits for calories, sugar, saturated fat, and sodium

At least 80% of the grains offered each week are Whole Grain

Eating school breakfast is associated with **fewer missed school days** and **better test scores** (CDC)

Research shows that students who participate in the school meal programs have **better overall diet quality**, than nonparticipants (CDC)

OTHER RESOURCES

(CLICK THE LINK)

[Supplemental Nutrition Assistance Program \(SNAP\)](#)

[End Hunger Connecticut \(EHC\)](#)

[MyPlate](#)

[Local Food Pantries](#)

[Waterbury Public Schools Wellness Policy](#)