**[Insert School District Letterhead]**

Dear Parent/Guardian:

Our school serves milk each school day. Schools that do not participate in the School Lunch or Breakfast Program may participate in the Special Milk Program and offer low cost or free milk to all students. In schools where Kindergarten children do not have access to the School Breakfast and/or Lunch Program, kindergarteners may be offered the Kindergarten Special Milk Program. The cost for Milk is **[$]**.

To get free milk for your child/children, fill out an application and return it to school. We cannot approve an application that is not complete so please follow the instructions for completing a free school milk application on the back side of the milk application.

1. Do I need to fill out an application for each child? No. Complete the application to apply for free milk. *Use one Free School Milk 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: **[name, address, phone number]**.
2. Who can get free milk? All children in households receiving benefits from **3SquaresVT or Reach Up** can get free milk regardless of your income. Also, your children can get free milk if your household’s gross income is within the free limits on the Federal Income Eligibility Guidelines.
3. CAN FOSTER CHILDREN GET FREE MILK? Yes, foster children that are under the legal responsibility of a foster care agency or court, are eligible for free milk. Any foster child in the household is eligible for free milk regardless of income.
4. Can homeless, runaway, and migrant children get free MiLK? Yes, children who meet the definition of homeless, runaway, or migrant qualify for free milk. If you haven’t been told your children will get free milk, please call or e-mail **[school, homeless liaison or migrant coordinator information]** to see if they qualify.
5. SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER FROM 3SQUARESVT OR REACH UP THIS SCHOOL YEAR SAYING MY CHILDREN ARE APPROVED FOR FREE MILK? Please read the letter you got carefully and follow the instructions. To ensure your children receive milk benefits immediately, please send the letter to the school. Call the school at **[phone number]** if you have questions.
6. MY CHILD’S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT ANOTHER ONE? Yes. Your child’s 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 told you that your child is eligible for the new school year.
7. I GET WIC. CAN MY CHILD(REN) GET FREE MILK? Children in households participating in WIC may be eligible for free milk. Please fill out an application.
8. Will the information I give be checked? Yes and we may also ask you to send written proof.
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 milk 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: **[name, address, phone number, e-mail].**
11. 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 for free milk.
12. 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) who share income and expenses. You must include yourself and all children living with you. If you live with other people who are economically independent (for example, people who you do not support, who do not share income with you or your children, and who pay a pro-rated share of expenses), do not include them.
13. 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.
14. We are in the military. do we include our housing allowance as income?Ifyou get an off-base housing allowance, it must be included as income. However, if your housing is part of the Military Housing Privatization Initiative, do not include your housing allowance as income.
15. My spouse is deployed to a combat zone. is His/her combat pay counted as income? No, if the combat pay is received in addition to his/her basic pay because of his/her deployment and it wasn’t received before he/she was deployed, combat pay is not counted as income. Contact your school for more information.
16. My family needs more help. Are there other programs we can apply for? There are lots of programs to help provide food for your family!
	1. 3SquaresVT can help you buy food at grocery stores, farmers markets and online. 3SquaresVT benefits are deposited each month on an EBT card, which works like a debit card. To find out how to apply for **3SquaresVT** or other assistance benefits, visit <https://dcf.vermont.gov/mybenefits> or call **1-800-479-6151. You can also text VFBSNAP to 85511.**
	2. **If you are pregnant or a caregiver or parent with a child under five, WIC can help with healthy foods. Text VTWIC to 85511 or call 1-800-464-4343.**

**Call 2-1-1 to find out more about programs that can help. 2-1-1 can also help you if you need food right away. The 2-1-1 call center is available 24 hours a day/seven days a week.**

If you have other questions or need help, call **[phone number]***.*

*Si necesita ayuda, por favor llame al teléfono*: **[phone number]***.*

*Si vous voudriez d’aide, contactez nous au numero:* **[phone number]***.*

Sincerely,

**[Signature]**

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: [https://www.usda.gov/sites/default/files/documents/ad-3027.pdf,](https://www.usda.gov/sites/default/files/documents/ad-3027.pdf%2C), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
[program.intake@usda.gov](http://mailto:program.intake@usda.gov/)

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