



# VERNON PUBLIC SCHOOLS

## Food & Nutrition Services

30 Park Street • P.O. Box 600

Vernon, CT 06066-0600

Phone (860) 870-6000

Fax (860) 870-6008

Website: [www.vernonpublicschools.org](http://www.vernonpublicschools.org)

**Elizabeth Fisher, MS, RD**

*Director of Food and Nutrition*

**860-896-4682**

November 5, 2020

Dear Parents & Guardians,

Vernon Public Schools recognize the hardships that this year has brought, and our goal is to make things easier for your family. We want to make sure that students have the food they need to succeed in school, and to take some of the work load off your plate each week. Free breakfast and lunch are available to all students both in school and curbside for the entire 2020-2021 school year. To better accommodate Vernon families, we have made some updates to the Food & Nutrition program. **The Food & Nutrition Services Department is now providing free WEEKEND meals for all children 18 and under!**

Free curbside meal boxes are now available to all children 18 years and under no matter what learning program the child is participating in (hybrid, virtual, or in-person).

- Contact-less meal pick up is available **every Wednesday between 12:00PM – 3:00PM at Vernon Center Middle School OR Rockville High School**. The child does not need to be present at pick up.
- Free meals are available for all children 18 years and under. The child does not need to attend Vernon Public Schools.
- Sign up is no longer required for curbside meal pick up on Wednesdays. No student ID needed. Just show up!

### Frequently Asked Questions

#### **Q: How does my child get free meals in school?**

A: No paperwork or ID is required to receive free meals this school year. Free breakfast and lunch are available every day in school as part of the school day. Breakfast is provided in the cafeteria each morning when the child arrives to school. Even if your child is late, they can eat breakfast at school by checking in with the main office or cafeteria upon arrival. Lunch is available in the cafeteria each day and your child can just show up with their class to receive a meal.

#### **Q: How does my child get free meals to bring home?**

A: Curbside meal boxes are intended to provide meals for the days the children are at home, and this now even includes weekend meals (starting November 11, 2020)! Curbside meal boxes are available for pick up **every Wednesday between 12:00PM – 3:00PM** at Vernon Center Middle School or Rockville High School. No sign up is required – just show up! Please stay in your vehicle and meals will be brought to you. Child does not need to be present at pick up.

#### **Q: What is included in free Curbside Meal Boxes?**

A: There are three different types of Curbside Meal Boxes that will be distributed depending on the child's learning plan. The person picking up meals will be asked to specify the child's current learning plan (hybrid plan, virtual plan, or in-school plan). The meals are intended to cover all the days your child is at home, including weekends. Most menu items will be provided frozen and can be re-heated at home. Eight ounces of

milk is included with every meal and will be provided to you in quarts.

- If your child is participating in the **hybrid plan** (learning in school 2 days per week and learning from home 3 days per week), your child will receive a 5-Day Meal Box that contains 5 breakfasts and 5 lunches. These meals cover the 3 days your child is learning from home AND the 2 weekend days.
- If your child is participating in the **virtual plan** (learning from home 5 days per week), your child will receive a 7-Day Meal Box that contains 7 breakfasts and 7 lunches. These meals cover all 5 days your child is learning from home AND the 2 weekend days.
- If your child is participating in the **in-school plan** (learning in school 5 days per week), your child will receive a 2-Day Meal Box that contains 2 breakfasts and 2 lunches. These meals cover the 2 weekend days.

**Q: Are there menus available for the Curbside Meal Boxes?**

A: We will do our best to provide an example menu for curbside meals which will be available on our website (<https://www.vernonpublicschools.org/departments/food-services-menus/school-menu-pricing>). We cannot guarantee the exact content of the boxes since there are many forces outside our control that can change our plans. For example, the pandemic has been causing shortages and delays in the food system, often leaving us scrambling to change the menu at the last minute. We will not be requiring a sign up, which means we may have a surplus or shortage of meals if our numbers are different than we were expecting. When this happens, we may have to tap into other food items to complete extra meal boxes unexpectedly. We will never run out of food or meal boxes, but our menu may have to change. We appreciate your flexibility!

**Q: Can I receive a Curbside Meal Box for my child that does not attend Vernon Public Schools?**

A: Yes! Curbside Meal Boxes are available for all children 18 years and under, even if the child does not attend Vernon Public Schools.

**Q: What if I cannot pick up the Curbside Meal Boxes on Wednesdays between 12:00PM – 3:00PM?**

A: At this time, we are only able to provide curbside meal boxes on Wednesdays between 12:00PM and 3:00PM at Vernon Center Middle School and Rockville High School. The Food & Nutrition staff is busy feeding children in school all other days of the week.

**Q: Am I taking free meals away from a family that needs them more?**

A: No. The United States Department of Agriculture is funding free school meals for every district that participates in the program during the 2020-2021 school year. Funding is provided to the district based on number of meals served, so everyone is encouraged to participate in the meal program regardless of your financial standing.

The Food & Nutrition Service Department always appreciates feedback. Please let us know if you have suggestions to make our program better by emailing Regina Dickinson at [rdickinson@vernon-ct.gov](mailto:rdickinson@vernon-ct.gov) or by calling our office at 860-896-4682.

Thank you and stay healthy,

Elizabeth Fisher  
Director of Food & Nutrition

This institution is an equal opportunity provider.

*The Vernon Public Schools, in partnership with family and community, is committed to provide a quality education, with high expectations, in a safe environment where all students become independent learners and productive contributors to society.*