

School Meals During COVID-19: A Parent's Guide

Method of Distribution

The method of meal distribution used by your child's school is based on eligibility.

Not all schools can issue meals the same way. Your child's school may be utilizing one or more of the following distribution methods:

- Grab and Go
- Door to Door Delivery
- Mobile Feeding

Nutrition standards still apply!

Schools offer students healthy and nutritious meals that consists of:

- Fruits
- Vegetables
- Grains
- Meats/Meat Alternates
- Milk

Please be aware that not all food provided is shelf-stable. **Cold foods should be kept cold, and hot foods need to be kept hot.**

Please seek advice from your school's food service for how foods need to be kept. When reheating meals, ensure proper heating.

At the discretion of the school, up to five days worth of meals can be distributed.

Keep in mind that **only one meal per child per day** is allowed even if multiple meals are being handed out at once.

Grab and Go Instructions

To prevent the spread and unnecessary exposure of COVID-19 to households, follow the school's instructions for meal pick up.