

# Meals at No Cost for Children Under 18

## Why are school meals free?

To ensure children continue to have access to the nutritious breakfasts and lunches they count on during the school day no matter where they are learning. Free meals are available to all children, 18 years and under or up to age 26 with a disability, for the 2020–2021 school year.

School meals can help reduce food insecurity, potential stress from meal prepping, and stress about the household budget. School meals are healthy. Right now, meals are being provided to all children at schools, food banks, and other community sponsoring agencies. There are no sign-up requirements to get meals.

How to find a site closest to you: [www.Michigan.gov/MeetUpEatUp](http://www.Michigan.gov/MeetUpEatUp)

### Types of Meal Service:

Kids can get meals at no cost when they are face to face learning at school (classroom, cafeteria, etc.), adults and/or children can pick up meals during a Grab and Go meal service, or there could be a combination of both.

### Who can pick up meals at sites:

Any child or adult can pick up meals. Adults cannot receive a meal for themselves as this program is only for children. Children do not have to be present at a meal distribution.

### Does my child have to be school aged to get a meal or attend the school we are picking meals up at?

No, any child 18 and under can receive a meal at no cost and they do not have to be enrolled in school or attend the building where they are picking up meals.

### Find a site closest to you:

[www.Michigan.gov/MeetUpEatUp](http://www.Michigan.gov/MeetUpEatUp) or call 2-1-1