

# Resources and Opportunities for Families in Need

## Save money on school meals, athletics, enrichment activities and more

In these tough economic times, many families are finding their finances tighter than ever. Many resources are available to help.

### Free or reduced-price school meals

More than 40 percent of 4J students qualify for free or reduced-price school meals. You qualify if your household income is at or below the federal guidelines, or if your family receives food stamps, TANF, or FDPIR—even if your situation is short-term, such as a temporary layoff. The program is confidential, easy, and good for both your budget and your child's school.

Sometimes families hesitate to apply for the school meal program because they don't want to strain their school's resources. Not to worry! The school district receives federal reimbursement for free and reduced-price meals, and individual schools can receive additional federal funding based on how many students qualify for the program. If you fill out a form and qualify, you are helping both your family and your school.

To learn more and apply online, go to [www.4j.lane.edu/nutrition/freelunch](http://www.4j.lane.edu/nutrition/freelunch).

### Other ways to save

The benefits go beyond savings on school meals. Here are just a few of the opportunities available to students and families who qualify for free or reduced-price school meals.

**Reduced fees for sports, activities and summer camps:** Your student can qualify for fee reductions of up to 80 percent on 4J athletics and activity fees. Other organizations that offer reduced registration fees for youth recreation and enrichment programs include Kidsports, Eugene Family YMCA, the City of Eugene, River Road Parks and Recreation District, and many others.

**Low-cost Internet access and computer:** Comcast Internet Essentials offers high-speed Internet service for \$9.95 a month plus tax to households in which at least one child qualifies for the school meal program. Families also can buy a computer when they first enroll for a low price. To learn more, visit [www.internetessentials.com](http://www.internetessentials.com) or call toll-free 1-855-8-INTERNET (1-855-846-8376).

**Free or low-cost healthcare coverage:** Oregon Healthy Kids provides no-cost health coverage for Oregon children and teens under 19 years of age. Healthy Kids covers all health needs, including doctor visits, dental care, vision, mental or behavioral health services, prescriptions, medical equipment and more. Children will not be turned away due to pre-existing conditions or be put on a waiting list. You do *not* need to qualify for free or reduced-price school meals to qualify. Cost is based on family income. For example, a family of four can qualify with income up to about \$70,900 per year. To learn more, visit [www.oregonhealthykids.gov](http://www.oregonhealthykids.gov) or call toll-free 1-877-314-5678.

**Free bus passes for high school students:** 4J provides free Lane Transit District bus passes to high school students who qualify for free or reduced-price school meals, live more than 1.5 miles from their school and do not receive school bus transportation. To learn more, contact the finance clerk at your high school.

**Half Price Admission at Amazon, Echo Hollow, and Sheldon City of Eugene Pools:** Any children who use the 4J free or reduced lunch program qualify for half priced admission for recreation swim at the Amazon, Echo Hollow, and Sheldon City of Eugene pools from Sept. 1st 2014 to June 12th 2015. For additional information, please see the following information [Aquatic Centers Half Price Admission/Scholarship](#).

**Aid for college-bound students:** Students who qualify for the school meal program can receive a fee reduction or waiver for SAT, ACT, Advanced Placement and International Baccalaureate tests. They also can receive free additional score reports for some tests and can request a waiver or deferral of application fees at many colleges. Talk to your high school counselor to learn more.