

# Gordon Nutrition News

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## Free & Reduced Applications Return in 2022-2023 School Year

As most Gordon County parents are aware, schools all over the United States have been able to offer school meals at no charge to students during the last two school years. This was possible because of the generous support of the U.S. Department of Agriculture (USDA); the USDA made it possible for us to provide all school meals at no cost to students, in order to assist families and school districts dealing with the effects of the Covid-19 shutdowns.

As it stands now, the extra assistance from the USDA will no longer be available in the 2022-2023 school year. This means that our school meal costs will return to “normal.” In Gordon County, we are fortunate that our school breakfasts will continue to be at no cost to students, thanks to a different USDA program that our district qualified for in 2016, and which is being renewed in 2022.

Also as part of getting back to “normal”, we are once again asking that families fill out the Free and Reduced-Price Meals application. For families with qualifying incomes and household sizes, this means lunches can be free or at a greatly reduced price: just 40 cents.

July 1 is the first day that parents or guardians can receive and submit appli-

cations. Starting July 1, paper copies will be available from each school in our district and from the School Nutrition Office (call 706-625-0786), but an even easier way to handle it is using our online application at [www.schoolcafe.com](http://www.schoolcafe.com) or on the SchoolCafé mobile app, available on either Google Play or the App Store.

Completing the Free & Reduced application is a simple task: you list the children in the household and whether or not they are students in Gordon County Schools, list any income those children earn (unusual but it is the case for some children that receive SSI benefits or earn

**5 REASONS FOR COMPLETING  
Free & Reduced Applications**  
**ONE MEAL APPLICATION AFFECTS MANY AREAS!**

<b>1</b>  INCREASED FUNDING TO SUPPORT STUDENT EDUCATION	<b>2</b>  ADDITIONAL FUNDING FOR TECHNOLOGY AND INTERNET ACCESS	<b>3</b>  DISCOUNTS FOR FEES ASSOCIATED WITH COLLEGE APPLICATION PROCESSES	<b>4</b>  DISCOUNTED FEES FOR SAT, ACT & AP TESTS. SCHOLARSHIP OPPORTUNITIES	<b>5</b>  FREE OR REDUCED MEAL PRICES FOR HEALTHY, NUTRITIOUS STUDENT MEALS
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**Contact your child's school for details today**

income) and finally, list the adults in the household and income they earn, if any. A very important part of the application is to list the total number of people living in the household; this number is combined with the total income of the household to determine if the children are eligible for Free or Reduced-Price lunches at school.

After filling in that information, the parent or guardian simply has to sign the application and return it to any school in the Gordon County system, or, even simpler using the online version, print a copy for yourself and then hit the “Submit” button.

The School Nutrition Office is here to help families with their applications. We have a list of FAQs and a “How To” document that assist in completing the application. Our application is also available in Spanish or other foreign languages, to assist parents for whom English is not their first language.



We also want to emphasize how important it is to the school district as a whole for parents and guardians to complete the Free & Reduced application. Results of the application process are one factor in funding for our school district, bringing much-needed financial assistance from the U.S. Department of Education. Students in foster care, migrant students, and students experiencing homelessness are automatically eligible for Free lunches. Even if you are doubtful that children in your household would be eligible, we encourage you to complete an application and submit it, just to be sure you will receive any benefits that can help during these times of high inflation and increased food costs. The chart below shows the income levels for eligibility—children in your household may qualify for free or reduced-price meals if your household income falls at or below the limits on this chart:

FEDERAL ELIGIBILITY INCOME CHART for School Year 2023			
Household size	Annual	Monthly	Weekly
1	25,142	2,096	484
2	33,874	2,823	652
3	42,606	3,551	820
4	51,338	4,279	988
5	60,070	5,006	1,156
6	68,802	5,734	1,324
7	77,534	6,462	1,492
8	86,266	7,189	1,659
Each Additional Person	+8,732	+728	+168

Questions about the Free & Reduced application? Would you like help completing your application? You can reach us at 706-625-0786 or via email at [lmckinney@gcbe.org](mailto:lmckinney@gcbe.org)

## Nutrition 101: Nutrition for Student Athletes

Active kids and teens have special requirements when it comes to food and drink. The basic nutritional needs of adult athletes don't vary much from person to person, but children are not just small adults. Growth, increases in muscle, and changes in hormones as children age can cause their nutritional and fluid needs to change, and to be very different from their peers.



Parents are urged to pay attention to their student athlete's weight—it can be a sign that a child isn't getting enough calories. Also ask your pediatrician to review your child's or teen's food and fluid intake as part of their yearly checkup.

Active kids should eat five or six small meals and snacks a day, with plenty of fruits, vegetables, whole grains, and lean proteins such as poultry. It's also extremely important to pay attention to kids' fluid intake. Whatever fluid a child or teen will drink the most of is the best choice to prevent dehydration, but, as everyone knows, water is the healthiest. Sports drinks or milk are close seconds. All children should steer clear of energy drinks and sodas.

Young athletes may need 500 to 1,000 more calories than their sedentary peers, so parents should pay attention to their children's diets and remember that the food and drinks they consume are just as key to their athletic success as the drills and training their coaches assign them.

[Source: Webb, Denise, PhD, RD. Giving Nutrition Advice to Child Athletes. *Today's Dietician*, Vol. 14, No. 1, Page 14  
[www.todaysdietitian.com](http://www.todaysdietitian.com) January 2012 issue]

An advertisement for Gordon County Schools Summer Meals. The top half has a light blue background with the school logo (a stylized 'G' in red and blue) and the text 'GORDON COUNTY SCHOOLS' in blue. Below that, 'Summer Meals' is written in a large, orange, cursive font. The bottom half has a yellow background with a beach theme, including an umbrella, sunglasses, a beach ball, and flip-flops. Text on the left says 'Starting June 1- July 19' and '\*\*\*MULTIPLE LOCATIONS\*\*\*'. Text on the right says 'BE ON THE LOOK OUT FOR A FULL SCHEDULE OF TIMES AND LOCATIONS', 'BREAKFAST &amp; LUNCH AT NO COST', and 'AVAILABLE TO ANYONE AGES 0-18 YEARS OLD'. At the bottom, the website 'WWW.GCBE.ORG' is listed. A small note at the bottom right says 'This institution is an equal opportunity provider'.

## National School Breakfast Week: Super-Sized Fun!



205 Warrior Path  
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This institution is an equal opportunity provider.

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Questions about GCSN? You can find us:

On the web: [www.gcbe.org](http://www.gcbe.org)



Gordon County School Nutrition

By phone: 706-625-0786/706-879-5011

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