

Income Guidelines for Determining Eligibility for Free and Reduced-price School Meals or Free Milk and S-EBT

July 1, 2025, to June 30, 2026

The income guidelines on page 2 of this document are from the U.S. Department of Agriculture's (USDA) annual adjustments to the income guidelines, as indicated in the [Child Nutrition Programs: Income Eligibility Guidelines](#). They are used in Connecticut to determine the eligibility of participants for free and reduced-price meals and free milk in the USDA Child Nutrition Programs and Summer Electronic Benefits Transfer Program (S-EBT) from **July 1, 2025, to June 30, 2026**. These income guidelines must be used by all individuals who review applications and should be distributed to all schools/sites for use by determining officials.

Before approving any free/reduced-price meal or free milk applications, the determining official must review the USDA's [Eligibility Manual for School Meals](#), the *Application for Free and Reduced-price School Meals or Free Milk and Summer EBT*, and accompanying instructions, and the *Parent/Guardian Letter to Households for Meals and Snacks* or *Parent/Guardian Letter to Households for Special Milk Program*. These documents are available in the "[Application Forms](#)" section and "[Parent and Guardian Notification Letters](#)" section of the Connecticut State Department of Education's [Eligibility for Free and Reduced-price Meals and Free Milk in School Nutrition Programs](#) webpage.

"Income" means income before deductions such as income taxes, Social Security taxes, insurance premiums, charitable contributions, and bonds. It includes the following:

- monetary compensation for services, including wages, salary, commissions, or fees;
- net income from non-farm self-employment;
- net income from farm self-employment;
- Social Security;
- dividends or interest on savings or bonds or income from estates or trusts;
- net rental income;
- public assistance or welfare payments;
- unemployment compensation;
- government civilian employee or military retirement, or pensions or veterans' payments;
- private pensions or annuities;
- alimony or child support payments;
- regular contributions from persons not living in the household;
- net royalties; and
- other cash income. Other cash income includes cash amounts received or withdrawn from any source including savings, investments, trust accounts, and other resources.

"Income" as used here does not include any income or benefits received under any Federal programs, which are excluded from consideration as income by any legislative prohibition, for example, the value of benefits received under the Supplemental Nutrition Assistance Program (SNAP).

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Income Guidelines for Child Nutrition Programs: July 1, 2025, to June 30, 2026

Free Meals or Free Milk

Household Size	Annual gross income	Monthly gross income	Twice per month	Every two weeks gross income	Weekly gross income
1	20,345	1,696	848	783	392
2	27,495	2,292	1,146	1,058	529
3	34,645	2,888	1,444	1,333	667
4	41,795	3,483	1,742	1,608	804
5	48,945	4,079	2,040	1,883	942
6	56,095	4,675	2,338	2,158	1,079
7	63,245	5,271	2,636	2,433	1,217
8	70,395	5,867	2,934	2,708	1,354
Each additional family member	7,150	596	298	275	138

Reduced-price Meals

Household Size	Annual gross income	Monthly gross income	Twice per month	Every two weeks gross income	Weekly gross income
1	28,953	2,413	1,207	1,114	557
2	39,128	3,261	1,631	1,505	753
3	49,303	4,109	2,055	1,897	949
4	59,478	4,957	2,479	2,288	1,144
5	69,653	5,805	2,903	2,679	1,340
6	79,828	6,653	3,327	3,071	1,536
7	90,003	7,501	3,751	3,462	1,731
8	100,178	8,349	4,175	3,853	1,927
Each additional family member	10,175	848	424	392	196

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Applying the Guidelines

The school food authority/institution **must** compare the household's size and total household income to the income guidelines to determine eligibility for free or reduced-price meals. Children of parents or guardians who become unemployed may be eligible for free or reduced-price meals during the period of unemployment.

Conversion factors

Many households have different sources of income coming into the home at different frequencies, such as weekly or bi-weekly wages and monthly social security benefits. In these situations, all sources of income must be converted to an annual amount using the calculations below.

- Multiply **weekly** income by 52
- Multiply income received **every two weeks** by 26
- Multiply income received **twice a month** by 24
- Multiply **monthly** income by 12

If a household has only one source of income, or if all sources of income are the same frequency, do not use conversion factors. Compare the income or sum of the incomes to the chart above for the appropriate frequency and household size to make the eligibility determination.

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For information, visit the Connecticut State Department of Education's (CSDE) [Eligibility for Free and Reduced-price Meals and Free Milk in School Nutrition Programs](#) webpage or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/freered/income_guidelines_snp.pdf.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

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