# Meals/Dining Information

### IPoly & Cal Poly Pomona Partnership

IPoly students have two dining options through LACOE School Meal Program & Cal Poly Pomona

## IPoly Parents, check out our nutrition programs

We want to make sure your child has nutrition options that will work best for them. You will find the detailed information in the pages attached.

- LINQ Connect\* Instructions for Online School Meal Application
- Cal Poly Pomona Bronco Bucks
- Cal Poly Pomona Dining Enrollment Info

Please make sure to review the options and decide what's best for your student. LACOE School Meal Program application through LINQ Connect must be completed before the start of the new school year.

\*LINQ Connect was formerly known as Titan

## **Complete the LINQ Connect Meal Application that**

# MAY HELP YOU GO TO COLLEGE!

### **Attention IPoly Families:**

Filling out the online LINQ Connect Meal application form is not for meals only. By applying, eligible students may gain access to the following education resources:

- ✓ SAT, PSAT, & ACT test fee waivers (two per test type)
- ✓ Waived CSU & UC application fees
- ✓ Cal Grant funding—free college money
- ✓ Federal grants & other Federal financial aid
- ✓ Scholarships from colleges and private organizations

In addition, by completing the form, you may also help IPoly qualify for outside funding to help the school itself!

## **School Meal Application in Five Steps**



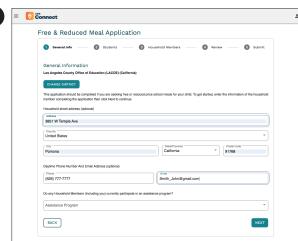


Go to **LINQConnect.com** and hover the mouse above 'School Services', then click on the

'Free & Reduced Meal Application' submenu.

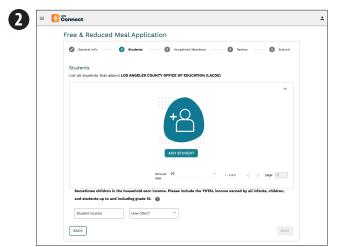
Under **① General Info**, enter:
'Los Angeles and' you will see the option **Los Angeles County Office of Education (LACOE)**listed. Click on the NEXT button.

DO NOT CLICK ON REGISTER OR SIGN IN.



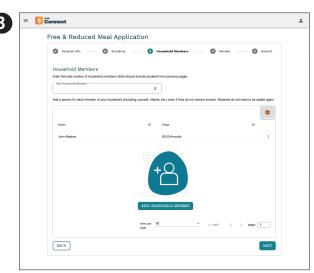
Enter your address, phone number, and e-mail.

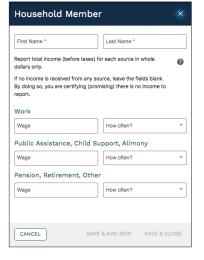
Select an assistance program from the drop-down menu and enter the corresponding case number (or EDG number) if applicable. Click on the NEXT button to Step 2.





Click on the blue 'add student' icon and enter student's information. All fields must be filled (skip ID if not available). Select the Eligibility benefit type if applicable. Click on 'save & add new' to add more students in the household. Once all students have been entered, click on 'save & close' to review all students.



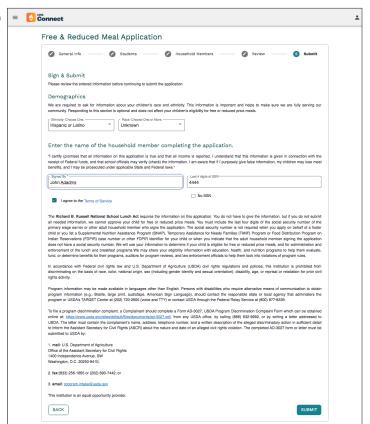


Enter the total number of household members, including the student/s entered on the previous screen. Click on the 'add household member' icon to enter household member's information.

Click 'save & add new' for additional member/s. Once all household members' information has been entered, click on 'save & close' to review.

The 'total household members' is based on total number of family members. Student information should not be entered here.

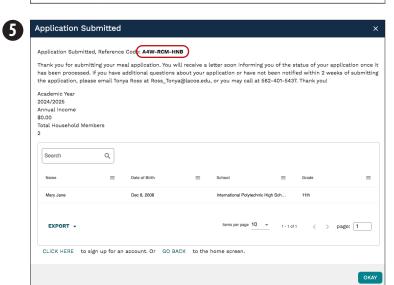




Review the information before submission. Click on the 'back/next' button on the lower left of the page to make changes on previous pages should corrections be needed. DO NOT use the 'back' button on the browser, which would exit the application process.

Demographics (optional): Enter the ethnicity and race for your student.

In the 'Signed By' box, type the first name and last name of adult household member exactly as you have entered in the 'household member' page. Enter the last 4 digits of the adult's Social Security number or check 'No SSN'.

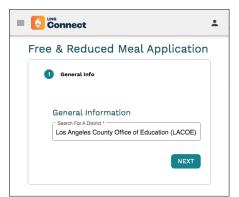


On this final confirmation page, be sure to jot down reference code for your records, even though an e-mail confirmation will be sent to you.

Once you click on the OKAY button, the application is submitted and this page will disappear.

## Aplicación de Comida en 5 Pasos



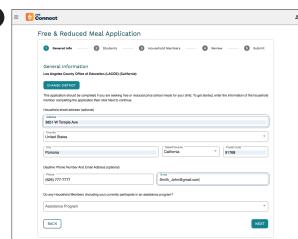


Diríjase a LINQConnect.com y pase el cursor sobre los servicios escolares, después seleccione el submenú Solicitud de comidas gratis y a precio reducido.

#### En **1** Generalidades ingrese:

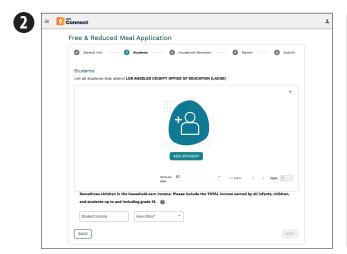
Seleccione su distrito escolar: la Oficina de Educación del Condado de Los Ángeles (LACOE). Pulse en el icono de ajustes.

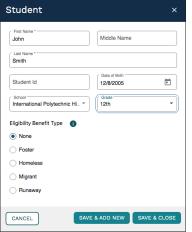
Evite hacer clic en el botón de registro o de inicio de sesión.



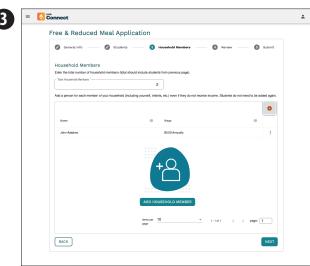
Imponga su dirección, teléfono y correo electrónico.

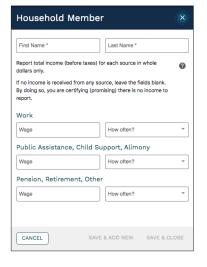
Elija un programa de ayuda del menú desplegable y escriba el número de caso correspondiente (o número EDG), si es necesario. Siga para pasar al paso 2.





Haga clic en el icono azul para añadir estudiante e introduzca la información de los estudiantes. Es necesario completar todos los campos (omitir la identificación si no está disponible). Elija el tipo de beneficio de elegibilidad si es aplicable. Haga clic en guardar y añadir nuevo para incluir más estudiantes en el hogar. Cuando todos los estudiantes estén registrados, seleccione guardar y cerrar para revisar a todos los estudiantes. Siga al paso 3.

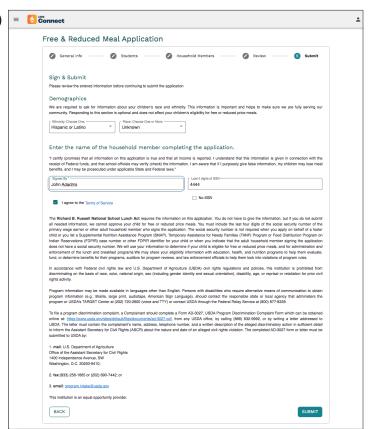




Introduzca el total de integrantes del hogar, incluyendo los estudiantes/ingresados en la pantalla previa. Pulse para añadir la información del integrante del hogar.

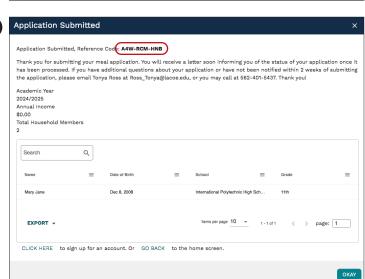
Haga clic en Guardar y añadir nuevo para miembros adicionales. Una vez que toda la información de los miembros del hogar haya sido ingresada, haga clic en guardar y cerrar para revisar. El número total de miembros del hogar se basa en el total de miembros de la familia. La información del estudiante no debe ser ingresada aquí. Siga al paso 4.





Revise la información antes de enviarla. Haga clic en el botón Atrás/Siguiente en la parte inferior izquierda de la página para realizar cambios en las páginas anteriores en caso de que sea necesario realizar alguna corrección. No utilice el botón Atrás del navegador, ya que saldría del proceso de solicitud.

Datos demográficos (opcional): introduzca la etnia y la raza de su estudiante. En el apartado "firmado por", escriba el nombre y apellido del adulto del hogar tal como lo introdujo en la página de miembro del hogar. Introduzca los últimos 4 dígitos del número de seguridad social para adultos o marque No SSN.



En la página de confirmación final, es importante tomar nota del código de referencia de sus registros, aunque recibirá una confirmación por correo electrónico.

Una vez que se presiona el botón Aceptar, la solicitud se envía y la página desaparecerá.

# Food and Nutrition Resources

## **Nutrition Assistance Programs**

- School Nutrition Programs: Free meals are available to all students starting in the 22-23 school year. Please contact your school for more information.
- 2. <u>CalFresh</u>: provides monthly benefits that can be used to purchase food. For more information, please visit: <a href="https://dpss.lacounty.gov/en/food/calfresh.html">https://dpss.lacounty.gov/en/food/calfresh.html</a> or call 1-866-613-3777.
- 3. Dial <u>211</u> or visit <a href="https://211la.org/resources/subcategory/food">https://211la.org/resources/subcategory/food</a> to locate food resources near you.
- 4. <u>LA Regional Food Bank</u> provides food and other resources to people in need. To find a local food pantry, please visit: <a href="https://www.lafoodbank.org/find-food/pantry-locator/">https://www.lafoodbank.org/find-food/pantry-locator/</a> or call (323) 234-3030.

### Nutrition Education Resources

- LACOE Wellness Modules: https://nutrition.lacoe.edu/
- 2. The Los Angeles Expanded Food and Nutrition Education Program (EFNEP): <a href="http://celosangeles.ucanr.edu/N">http://celosangeles.ucanr.edu/N</a> <a href="utrition Family and Consumer">utrition Family and Consumer</a> Sciences/
- 2020-2025 Dietary Guidelines for Americans: <a href="https://www.dietaryguidelines.g">https://www.dietaryguidelines.g</a> ov/
- 4. MyPlate: https://www.myplate.gov/
- Meal Planning, Shopping, and Budgeting:<a href="https://www.fns.usda.gov/">https://www.fns.usda.gov/</a><a href="https://www.fns.usda.gov/">nutrition-education</a>
- 6. USDA Team Nutrition: <a href="https://www.fns.usda.gov/tn">https://www.fns.usda.gov/tn</a>
- 7. Cut Back on AddedSugars: <u>English</u> / <u>Spanish</u>
- 8. Healthy Eating for

Teens: English / Spanish



# Healthy Eating Research

Schools play a vital role in promoting children's health and well-being. In the United States, schools contribute significantly to children's overall diet quality and can provide up to half of their daily calories, especially among children from low-income families. Providing healthy school meals for all is a policy opportunity to help all children eat healthier. Healthy School Meals for all, also known as universal free school meals, provides all enrolled children in a school operating the National School Lunch or School Breakfast Programs a free breakfast or lunch, regardless of their family's income.

A new <u>systematic review</u> included in a <u>Special Issue</u> in the journal <u>Nutrients</u> highlights the international evidence regarding the impact of healthy school meals for all on students' school meal participation rates, nutrition and dietary intakes, food security, academic performance, attendance, body mass index (BMI), and school finances. A total of 47 studies were included in the review; 25 were conducted in the United States and 22 were conducted in other countries with developed economies.

The 7 key findings from the systematic review in the Special Issue reveal how healthy school meals for all benefit students and schools.

#### School Meal Participation

Nearly all studies found that providing healthy school meals for all is associated with increases in the number of students participating in the school meal program.



## **Diet Quality**

The majority of studies found that providing healthy school lunches for all is positively associated with better student diet quality, particularly in the presence of strong school nutrition standards that include fruits, vegetables, and whole grains.



#### **Food Security**

There is evidence that providing healthy school meals for all improves food security among students and families with lower incomes, although only a limited number of studies have evaluated this outcome.

#### **Academic Performance**

Nearly half of the studies found that providing healthy school lunches for all is positively associated with students' academic performance (and no studies found an adverse impact on academic performance). More research is needed to understand the link between breakfast and academic achievement.

Academic performance may be influenced by healthy school meals for all directly through improvements in nutrition, as well as indirectly through increases in school attendance rates.

#### Attendance

Half of the studies found that providing healthy school meals for all significantly improves student attendance among students from lower-income and

food-insecure households (and no studies found an adverse impact on attendance).



#### Body Mass Index

Healthy school meals for all with strong nutrition standards has been shown to not increase student Body Mass Index.



#### **Finances**

of school meals served.

There is some evidence in the U.S. that school food service budgets benefit from use of the community eligibility provision (CEP), an option that allows schools in high poverty areas to serve breakfast and lunch at no cost to all students; In particular, schools with a high percentage of students from low-income households may benefit financially from CEP due to increased revenues from federal reimbursements





Go to: https://cppdining.com/restaurants.shtml for detailed inforamtion such as location and hours of operation



Dining Hours subject to change without notice. Please visit CPPDining.com for the latest information.