



Food and Nutrition Services

Elementary:

Children need healthy meals to learn. **Empower College Prep Elementary School** is participating in the National School Lunch Program and the School Breakfast Program. As part of this program, Empower College Prep Elementary offers healthy meals every school day at **NO COST** to the students due to the implementation of the Community Eligibility Provision for school year 2018-2019. Students may participate in these meal programs without having to pay a fee or submit a household application.

Los niños necesitan comida nutritiva para aprender. **Empower College Prep Elementary School** participa en el Programa Nacional de Almuerzo Escolar y el Programa de Desayuno Escolar. Como parte de este programa, Empower College Prep Elementary School ofrece comidas saludables todos los días escolares **SIN COSTO** alguno para los estudiantes. Esto es debido a la participación de la escuela en la Provisión de Elegibilidad Para la Comunidad para el año escolar 2018-2019. Los estudiantes pueden participar en estos programas de almuerzo escolar sin tener que pagar una cuota o tener que entregar una solicitud del hogar.

High School:

Children need healthy meals to learn. **Empower College Prep High School** is participating in the National School Lunch Program and the School Breakfast Program. NSLP is a federally assisted meal program that provides nutritionally balanced, low cost, or free meals to qualifying students. Empower College Prep High School offers healthy meals every school day. To apply for free or reduced-price meals, households should fill out the free and reduced meal application and return it to the school.

Los niños necesitan comida nutritiva para aprender. **Empower College Prep High School** participa en el Programa Nacional de Almuerzo Escolar y el Programa de Desayuno Escolar. NSLP es un programa de comidas asistido por el gobierno federal que proporciona comidas nutricionalmente balanceadas, de bajo costo o gratuitas a los estudiantes que califiquen. Empower College Prep High School ofrece comidas nutritivas todos los días escolares. Para aplicar para recibir comidas gratuitas o de precio reducido, los hogares deberían de completar la solicitud de comidas gratis o de precio reducido y devolverla a la escuela.

[2018-2019 Application for Free and Reduced Price School Meals](#)

[NSLP Letter & Application Instructions](#)

[2018-19 Solicitud para Comida Escolar Gratuita y de Precio Reducido](#)

[Carta y Instrucciones para Aplicar de NSLP](#)



Local Wellness Policy & Assessment

We are committed to the optimal development of every student and believe healthy eating and physical activity are not only good for our students, but will support the academic goals of our school as well. Our wellness policy outlines our goals and nutritional guidelines to promote the health and wellbeing of all students.

- [Click here to read our wellness policy \(updated 09/24/2018\).](#)
- [Click here to view the results of our most recent wellness policy assessment.](#)
- Our next tri-annual wellness policy assessment is scheduled for February 2021.

If you are interested in supporting our work around wellness, here are some ways you can be involved:

- Join our Wellness Committee
- Participate in our next review of our wellness policy
- Lead a nutrition education or physical activity lesson
- Volunteer at our next parent event to distribute wellness information
- Donate equipment or other materials related to nutrition or physical activity

Contact Angela Ortega at (602) 283-5720 if you are interested in getting involved.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.



Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en:

https://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish_Form_508_Compliant_6_8_12%5B1%5D.pdf y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por: (1) correo: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; o (3) correo electrónico: program.intake@usda.gov.

Esta institución es un proveedor que ofrece igualdad de oportunidades.