



FOOD ACCESS

In 1946, the National School Lunch Program was started to help students get free or low-cost meals at school. It was made to support kids whose families might not be able to afford lunch. But just having food isn't enough—students also need healthy food to grow and learn.

In 2010, a law called the Healthy, Hunger-Free Kids Act was passed. It made sure school meals were healthier and helped fight childhood obesity.

When students eat healthy breakfasts and lunches, they have more energy, do better in school, and can focus and stay active throughout the day.



Sustainable Development Goal 2

End hunger, achieve food security and improved nutrition, and promote sustainable agriculture.



HAVING SCHOOL BREAKFAST OFTEN LEADS TO FEWER VISITS TO THE SCHOOL NURSE AND IMPROVES ATTENDANCE AND ACADEMIC ACHIEVEMENT.

IN THE 2022/2023 SCHOOL YEAR, OVER 28 MILLION CHILDREN PARTICIPATED IN THE NATIONAL SCHOOL LUNCH PROGRAM. IT HAS BEEN SHOWN TO HAVE A POSITIVE IMPACT ON STUDENTS' FOOD CHOICE AND CONSUMPTION.

STUDENTS WHO EAT SCHOOL BREAKFAST OR LUNCH ARE LESS LIKELY TO HAVE LOW NUTRIENT LEVELS AND ARE MORE LIKELY TO EAT FRUITS, VEGETABLES, AND MILK DURING THOSE MEALS.





DISCUSSION QUESTIONS

1.

How do you feel an hour after eating a piece of fruit or vegetables compared to eating cookies or cake?

2.

Studies show that many students throw away the fruits and vegetables in their school lunch. What can we do to help students waste less food?

3.

Students who receive free and reduced lunch at school still may have limited access to food outside of school hours. What is something that could be done to help?

4.

What are some ways families or schools could help students have healthy snacks after school?



GO DEEPER

Check out more info in the **Fighting Hunger** campaign at educationplus.org/initiatives

TAKE ACTION

Want to help your school friends eat healthier?

- Look at your school's lunch menu to see what healthy meals your school provides.
- Encourage others to bring fruits and vegetables for snacks.

