



Virginia Can Secure Healthy School Meals for All Students

Federal child nutrition waivers passed during the pandemic decreased child hunger and poverty, allowing all students to have access to free school meals. That funding expired, and now children who depended on it are once again going hungry.

States are stepping up to fill in the gap and ensure that all children, regardless of family income, can obtain healthy meals through the year and have the best chance to learn and thrive in school. Nine states currently provide no-cost school meals to all students and Pennsylvania, Delaware and Arkansas have already passed legislation to ensure no student misses a healthy breakfast. We can be next!



Healthy School Meals for All



SUPPORT NUTRITION SECURITY

Food insufficiency dropped by 14% among students who participated in the National School Lunch Program's free or reduced-priced lunch meals.¹



PROMOTE GOOD NUTRITION

Students who eat school breakfast eat more whole grains, fruits, and dairy than students who eat breakfast elsewhere.²



ENSURE ACADEMIC SUCCESS

Students who have more nutritious diets tend to perform better and pay more attention in school.³



STRENGTHEN SCHOOL BUDGETS

Participation by all students in school meal programs increases when meals are provided for free, resulting in increased revenue by way of federal reimbursements.⁴



STREAMLINE SCHOOL NUTRITION PROGRAMS

Healthy School Meals for All will eliminate issues of unpaid school meal debt and reduce administrative paperwork, freeing up school nutrition staff to focus on feeding kids.⁴

All children deserve access to healthy school meals. Let's make sure schools can provide students with all the tools they need to be successful in class. Act now to ensure Healthy School Meals for All.

- **Join Heart Powered** →
- **Join the Virginia Healthy School Meals for All Coalition**

Contact Emily Moore – emily.moore@heart.org

To learn more and show your support, visit heartpowered.org or text HEART to 46839



SOURCES

1. Huang J, Barnidge E. Low-income children's participation in the National School Lunch Program and household food insufficiency. Soc Sci Med. 2016; 150:8-14. doi: 10.1016/j.socscimed.2015.12.020.
2. U.S. Department of Agriculture; Food and Nutrition Service. U.S. Department of Agriculture; Food and Nutrition Services. School Nutrition and Meal Cost Study. April 2019. <https://fns-prod.azureedge.us/sites/default/files/resource-files/nsbw-infoographic.pdf>. Accessed April 13, 2020.
3. Lott M, Miller L, Arm K, Story M. Rapid Health Impact Assessment on USDA Proposed Changes to School Nutrition Standards. March 2020. <https://healthyeatingresearch.org/research/rapid-health-impact-assessment-on-usdaproposed-changes-to-school-nutrition-standards>. Accessed April 6, 2020.
4. <https://fullplates.org/schoolmealsforall>