



Virginia Can Provide Healthy School Meals for All Students

1 in 6 kids goes hungry every day in Virginia, and 36% of food insecure households with children are likely ineligible for child nutrition programs due to outdated, restrictive income eligibility guidelines.¹

States are stepping up to fill in the gap and ensure that all children, regardless of family income and zip code, can obtain healthy, no-cost school meals and have the best chance to learn and thrive. Arkansas, South Carolina, Pennsylvania, Delaware, Connecticut, and Washington DC provide no-cost school breakfast to all students. And nine states, including Colorado, Maine, Michigan, New Mexico, and Vermont, have already passed legislation to guarantee no-cost school breakfast and lunch. **Virginia can be next!**



Healthy School Meals for All



SUPPORTS STUDENT HEALTH

Food insecurity can increase the likelihood that children will develop negative mental health. School breakfast participation has been linked to reductions in hyperactivity and depression.²



PROMOTES GOOD NUTRITION

School breakfast supports healthier diets by increasing fruit, whole grain, and milk intake and lowering fat, cholesterol, and sodium consumption among children.³



ENSURES ACADEMIC SUCCESS

Students who have more nutritious diets tend to perform better academically, pay more attention in school, and attend school more often.⁴



STRENGTHENS SCHOOL BUDGETS

Participation by all students in school meal programs increases when meals are provided at no cost, resulting in increased revenue through federal reimbursements.⁵



STRENGTHENS FAMILY BUDGETS

On average, Healthy School Meals for All would save VA families over \$860 per child over the school year. That's money that families can keep for other expenses, like health care costs, utility bills, or rent.



STREAMLINES 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 more locally sourced, nutritious meals.⁴

Support School Breakfast for All!

40 out of 131 school divisions have limited or no access to CEP opportunities, leaving over 820,000 children at risk of unreliable access to healthy school meals.

SB 4 and HB 96 can close the gap for Virginia families.

Healthy School Meals for All connects kids to nutritious foods so they can learn and succeed.

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SOURCES

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