

### School Meals for Lifelong Health and Nutrition

NATIONAL LAWS, POLICIES, OR STANDARDS
RELATED TO SCHOOL FEEDING (% of countries)



52% Health



72% Nutrition

National policies, laws, and standards around school feeding can form a supportive structure to steer school meal programs in a positive direction.

#### **Program Objectives**



of programs report an objective to meet nutritional/health goals.

Programs in all country income classifications are equally likely to cite a focus on nutrition.

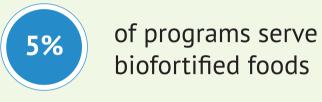
#### **Program Activities**

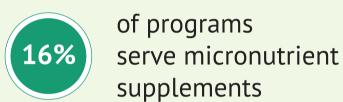


When access to affordable, nutritious foods is limited, fortification, biofortification, and micronutrient strategies for school meals can improve nutrition.

		Fortification	Biofortification	Micronutrient Supplementation
Income group	Low-Income	80%	18%	45%
	Lower Middle-Income	72%	4%	17%
	Upper Middle-Income	42%	3%	6%
	High-Income	21%	0%	2%

of programs serve fortified foods



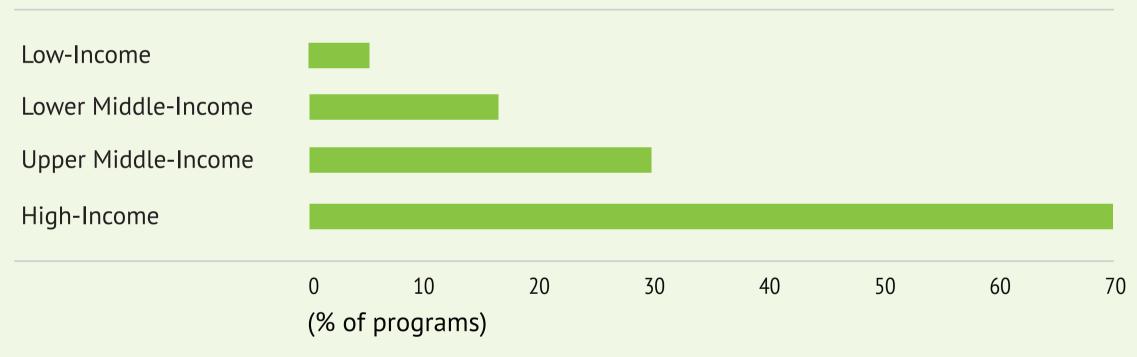


The top five most common fortificants are: vitamin A (74%), iodine (52%), iron (50%), vitamin D (39%), and zinc (34%)

The proportion of the global population experiencing overweight and obesity is increasing, including in low- and middle-income countries where overweight and obesity exist alongside persistent conditions of undernutrition. <sup>1</sup>

35% of programs report an explicit goal to prevent or mitigate overweight/obesity

There is a very strong association between income level and the likelihood of having an objective to prevent obesity.



<sup>1</sup>The CORE Group Nutrition Working Group. Addressing Overweight and Obesity in Low- and Middle-Income Countries. March 2022.

# Program approaches to prevent or mitigate overweight/obesity



nutrition education 53%

health

education

physical

education

44%

44%

nutritional requirements for food baskets

food restrictions on or near

school grounds

29%

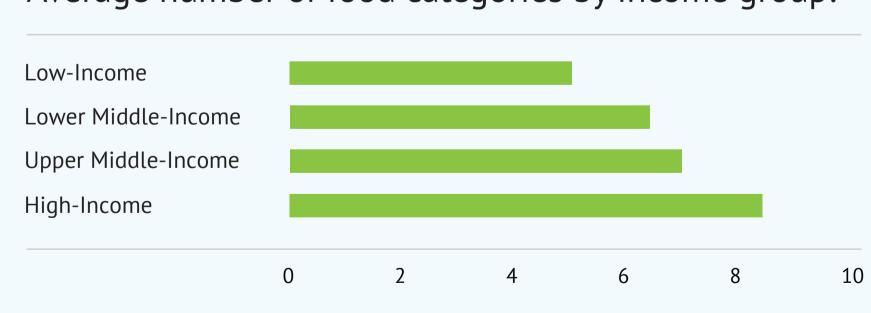
## FOOD BASKET DIVERSITY ACROSS PROGRAMS BY INCOME GROUP AND AVENUE OF PROCUREMENT

Average
number of food
categories\* per
basket globally
6.9

Low-Income Settings

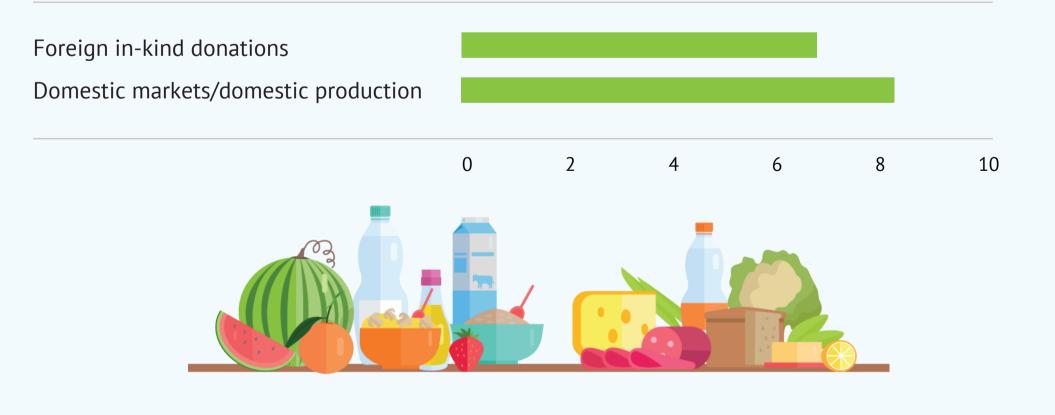
22.5%

Average number of food categories by income group:



Low-Income Settings

Average number of food categories by avenue of procurement



\*Food categories are: Grains/cereals, roots/tubers, legumes/pulses/nuts, dairy products, eggs, meat, poultry, fish, green leafy vegetables, other vegetables, fruits, oil



FRUITS

High-Income Settings

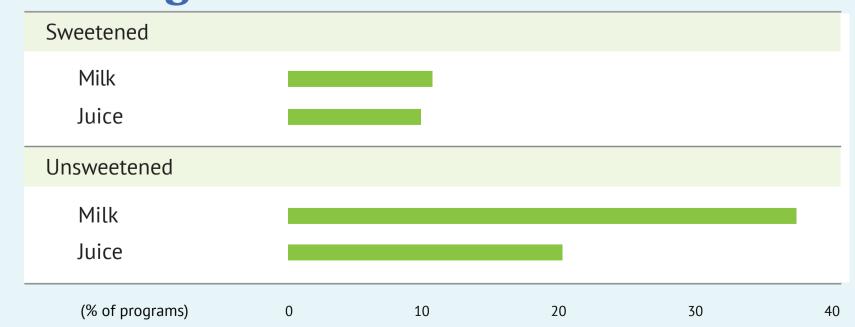
97%

POULTRY

High-Income Settings

5% 69%

Beverages



USDA
U.S. DEPARTMENT OF AGRICULTURE



The analysis is based on the **2021 Global Survey of School Meal Programs © database**, covering 139 countries and 183 large-scale school feeding programs. © **https://gcnf.org/global-reports/** for more information.

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