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**

- 93% 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**

- 63% incorporate food and nutrition education
- 40% integrate that cooks/caterers receive training in nutrition
- 87% incorporate food and nutrition education
- 59% incorporate health education

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

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

- **69%** of income group
  - Low-Income
  - Lower Middle-Income
  - Upper Middle-Income
  - High-Income

**Fortification Biofortification Micronutrient Supplementation**

- **80%** Fortification
- **18%** Biofortification
- **45%** Supplementation

**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.**

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

**Program approaches to prevent or mitigate overweight/obesity**

- **59%** nutrition education
- **53%** health education
- **44%** physical education
- **44%** nutritional requirements for food baskets
- **29%** food restrictions on or near school grounds

**Average number of food categories by avenue of procurement**

- **Foreign in-kind donations**
- **Domestic markets/domestic production**

**Average number of food categories by income group:**

- Low-Income
- Lower Middle-Income
- Upper Middle-Income
- High-Income

**Average number of food categories by income group**

- **6.9**

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

- **FRUITS**
- **POULTRY**

**Average number of food categories by income group**

- **22.5%** Low-Income Settings
- **97%** High-Income Settings

- **5%** Low-Income Settings
- **69%** High-Income Settings

- **SWEETENED BEVERAGES**
- **UNSWEETENED BEVERAGES**

- **Milk**
- **Juice**

- **(% of programs)**
- **0**
- **10**

The analysis is based on the 2021 Global Survey of School Meal Programs © database, covering 159 countries and 183 large-scale school feeding programs. © https://gcnf.org/global-reports/ for more information.

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