

**ALL children, regardless of household income, can now get FREE MEALS for the rest of the 2020-2021 school year.**

*For more information, visit [www.cdc.gov/healthyschools](http://www.cdc.gov/healthyschools)*



**Food insecurity has increased** during the COVID-19 pandemic.

School meals are **nutritious**<sup>1</sup> and can help reduce food insecurity.

Schools are using several ways to **safely distribute** meals to students.



Students who participate in school meal programs have **better overall diet quality** than students who do not.<sup>2</sup>

1. Gearan EC, Fox MK. Updated nutrition standards have significantly improved the nutritional quality of school lunches and breakfasts. *J Acad Nutr Diet.* 2020;120(3):363-370.
2. U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, School Nutrition and Meal Cost Study, Final Report Volume 4: Student Participation, Satisfaction, Plate Waste, and Dietary Intakes. <https://fns-prod.azureedge.net/sites/default/files/resource-files/SNMCS-Volume4.pdf>