

Healthy Food Access in Schools and Early Care Settings



NORTH CAROLINA ALLIANCE FOR HEALTH

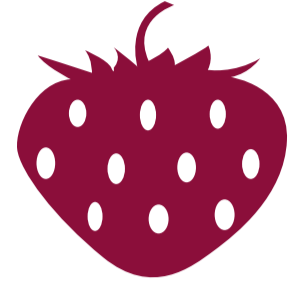
What you need to know



Children spend most of their day in childcare or at school, and many eat most of their meals there.



Nearly 60% of children in North Carolina's public schools qualify for free- or reduced-price lunches.



More than 1.1 million students participate in school meal programs in NC every day.

Healthy foods in schools and early care settings can...

- Reduce child and family food insecurity
- Provide high quality nutrition
- Support local food systems
- Improve student performance and attention
- Reduce behavioral challenges

We should do more

Strategic investments in school meals, farm to school, and farm to early care make big differences!



Smaller number of school nutrition programs in need of funds from their local boards of education to address deficit spending.



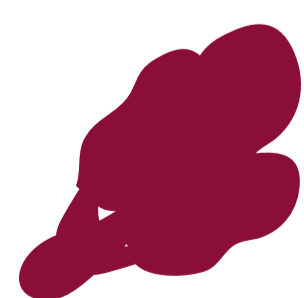
Greater participation in school meals resulting in more revenue for child nutrition programs.



More flexibility in school nutrition budgets to ensure that each student receives a nutritious meal, regardless of their ability to pay.



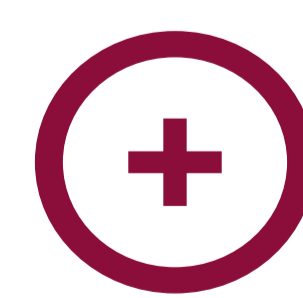
Reduced need to make a choice between fiscal responsibility and providing students with nutritious meals regardless of their ability to pay.



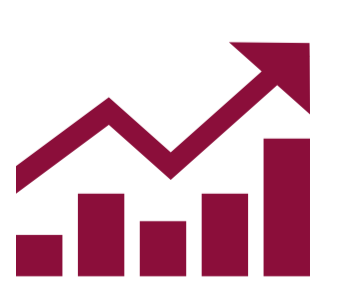
Increased funds available for school nutrition programs to spend on quality food.



Supporting family farms by providing consistent, large institutional purchases.



Increased revenue for local farmers and producers.



Increased money circulating in rural economies.