



THE COALITION
FOR HEALTHY SCHOOL FOOD

Canada is the only country in the G7 without a national school food program, and we rank 37th out of 41 among the world's richest countries when it comes to providing healthy food for kids.

School food programs have far reaching benefits, including:

BENEFITS OF

SCHOOL FOOD PROGRAMS

HEALTH

School food programs can increase children's consumption of healthy foods (e.g., fresh vegetables, fruit, whole grains, and plant-based proteins).



SCHOOL PERFORMANCE AND EDUCATIONAL OUTCOMES

School food programs can improve academic achievement, attendance, punctuality and graduation rates.



MENTAL HEALTH/WELLBEING

School food programs can reduce behavioural issues including bullying, aggressive behaviour and violence, anxiety and depression.



ECONOMIC GROWTH - JOB CREATION

School food programs can create jobs and related opportunities for food service workers and local food producers.



SUSTAINABLE ENVIRONMENTAL PRACTICE

School food can stimulate public food procurement, which has become seen as an important "game changer" to support and promote more sustainable food systems.



WOMEN AND FAMILIES

School food programs can help families who struggle, for a variety of reasons, to introduce minimally processed healthy foods into children and youths' diets for a variety of reasons. This is made more challenging for parents working long hours.



See more detailed Infographic here and more data and references are available on the Coalition for Healthy School Food's [Impact Page](#).