

Academic Benefits

Students who eat full, nutritious meals like the ones provided by the school for breakfast and lunch have:

- **Improved cognitive function**—Short-term memory, the ability to conceptualize, and abstract reasoning skills improved when students ate snacks that contained more nutrients^{4,5,9,10}.
- **Higher test scores**—Students who received the necessary levels of iron in their meals scored better on math and IQ tests^{1,3}.
- **Better attention spans**—Parents reported that their children could concentrate better after they had eaten more nutritious meals⁶.

Behavioral Benefits

Your child's behavior can also change for the better if he or she is enjoying school meals. Children who eat breakfasts and lunches that meet their nutritional needs, such as the ones provided through the NSLP, experience:

- **Better classroom behavior**— Children and adolescents have been shown to get along better with classmates and cause fewer class disruptions when they have been eating properly².
- **Fewer absences**—Students who consistently eat enough throughout the day are less likely to miss school days or extra-curricular activities throughout the year due to respiratory problems^{9,10}. Students who attend class more often are more likely to perform well in school, so limiting absences is extremely important⁷.
- **Improved mood**—Hungry children tend to be angrier and more irritable. They also cannot socialize as well⁵.

Contributors

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Sources