



## END HUNGER CONNECTICUT!

We realized that there is a plethora of resources available for school meals for all. Below are a few we have put together to inform yourself on why #schoolmeals4allct is needed in our state.

*If you would like to suggest additional resources to be added to this list, please contact EHC! Communications Coordinator, Kimberly Nguyen at [knnguyen@endhungerct.org](mailto:knnguyen@endhungerct.org).*

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### Featured:

- **NEW:** Access our School Meals for All CT Brand Guide [here](#).
- Download our School Meals for All CT Fact Sheet [here](#).
- Explore Connecticut's great resource – the Connecticut General Assembly [website](#). Download our comprehensive guide [here](#).
- Learn about School Meals for All across the country [here](#).
- Download and share our postcard [here](#).

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[CEP is the Community Eligibility Provision: It feeds our hungry kids](#) created by School Meals 4 All

[School Meals and the CT ALICE Population Map](#) created in partnership with ALICE

[School Meals for All and Farm to School Fact Sheet](#) created by School Meals for All

[The Benefits of School Meals for All at No Charge Flyer](#) created by School Meals for All

[Connecting our kids to our farms: School Meals for All and Farm to School](#) created by School Meals 4 All  
CT

[School Meals for All CT: Q&A](#) created by American Heart Association for School Meals 4 All CT

[Universal school meals improve attendance for youngest students](#) via K-12 Dive

[Key Findings on The Benefits of 7 Healthy School Meals for All](#) via Healthy Eating Research

- Dive deeper into this with the open access paper:
  - Cohen JFW, Hecht AA, McLoughlin GM, Turner L, Schwartz MB. Universal School Meals and Associations with Student Participation, Attendance, Academic Performance, Diet Quality, Food Security, and Body Mass Index: A Systematic Review. *Nutrients*. 2021; 13(3):911. <https://doi.org/10.3390/nu13030911>

[School Nutrition Standards: Evidence-Based Standards Protect and Improve Children's Health](#), via Center for Science in the Public Interest

[Universal Meals Policies Can Strengthen a Just and Resilient Local Food System](#) via National Farm to School Network

- This report outlines how universal meals policies, local ingredients, and values-based purchasing can create a just and resilient food system.

[The Case for Healthy School Meals for All](#) via The Food Research and Action Center

- This report outlines the reasons that healthy school meals for all is necessary

[Healthy School Meals for All Fact Sheet](#) via The Food Research and Action Center

[Low-income Children's participation in the National School Lunch Program and household food insufficiency](#) via The Journal of Social Science and Medicine

- This study demonstrates the effects of the national school lunch program on family food security

[School Meals are Essential for Student Health and Learning](#) via The Food Research and Action Center

[SDOH: Healthy School Meals for All | The Community Guide](#)

- This report highlights the importance of healthy meals for all in advancing equity, reducing food insecurity, improving nutritional quality of meals, improved academic outcomes.

[School Nutrition Environment | Healthy Schools | CDC](#)

- This article focuses on the CDC’s recommendations for school nutrition and healthy school environments.

[A Pediatrician’s Perspective, School Meals and Student Health](#)

Pediatrician Robert Murray (MD, FAAP) shares how healthy school meal contribute to improved education outcomes for students via School Nutrition Association

[Study Finds Americans Eat Food of Mostly Poor Nutritional Quality – Except at School](#) via Tufts Now

[State Universal Meals Policies Can Strengthen A Just and Resilient Local Food System](#) via National Farm to School Network

[The Effect of Universal Free Meals on Student Perceptions of School Climate: Evidence from New York City](#) via Brown University

[True Cost of Food Report from The Rockefeller Foundation Reinforces Benefits of Healthy School Meals for All](#) via Food Research and Action Center (FRAC)

[Why school meals are important | WCRF International](#) The World Cancer Research Fund discusses the importance of school meals

[True Cost of Food: School Meals Case Study](#) via The Rockefeller Foundation