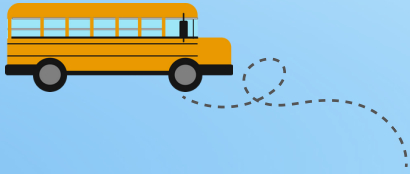


PROMISING STRATEGIES TO INCREASE STUDENT PARTICIPATION IN SCHOOL MEALS



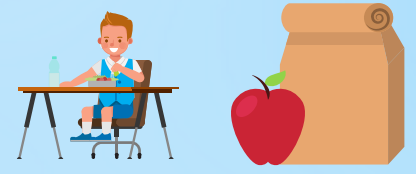
Strong federal policies

- Maintain or strengthen the Healthy, Hunger-Free Kids Act
- Expand access to Healthy School Meals for All (HSM4A)



Restrictions on competitive foods

- Limit snacks and beverages sold à la carte in the cafeteria, in vending machines, and school stores



Alternative breakfast models

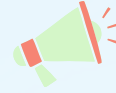
- Provide breakfast in the classroom, breakfast after the bell, or grab-and-go options

STRATEGIES LINKED TO MEAL PARTICIPATION WARRANTING ADDITIONAL RESEARCH



Improve palatability of school meals

by offering culturally appropriate menus and taste tests



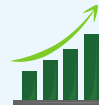
Promote school meals

through nutrition education and marketing school lunch participation



Make school meals more convenient

with longer lunch periods and changes to the cafeteria environment



Increase enrollment in free & reduced-price meals

by promoting free & reduced-price meal applications and improving direct certification system



Implement other policies

such as local wellness policies and state or local policies that address "meal shaming"

ACTIONS SCHOOLS AND POLICYMAKERS CAN TAKE TO IMPROVE SCHOOL MEAL PARTICIPATION



Offer alternative breakfast models



Restrict sales of snack foods



Maintain / strengthen nutrition standards

RESOURCES FOR ALTERNATIVE BREAKFAST MODELS

[FRAC: Making Breakfast Part of the School Day](#) & [No Kid Hungry: Implement Breakfast After the Bell](#)

This infographic is based upon the Healthy Eating Research brief [Promising Strategies to Increase Student Participation in School Meals](#).