

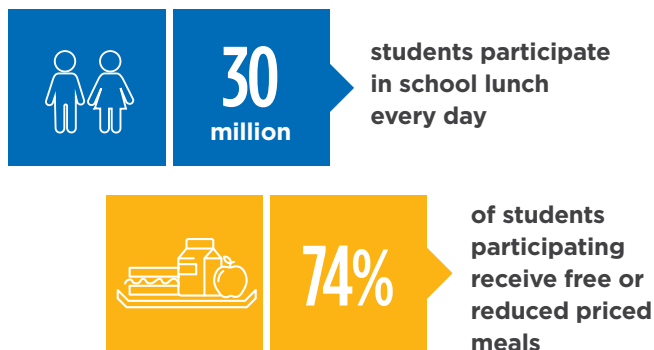
# School Nutrition is a Crucial Component of the Whole Child Approach to Education

The Whole School, Whole Community, Whole Child, or WSCC model, is a framework for addressing health in schools. It illustrates the many ways that home, school, and community must interact to contribute to each child's success. One of the 10 components of the WSCC model is Nutrition Environment & Services, in which school meals are central to improving student health and learning.<sup>1</sup>

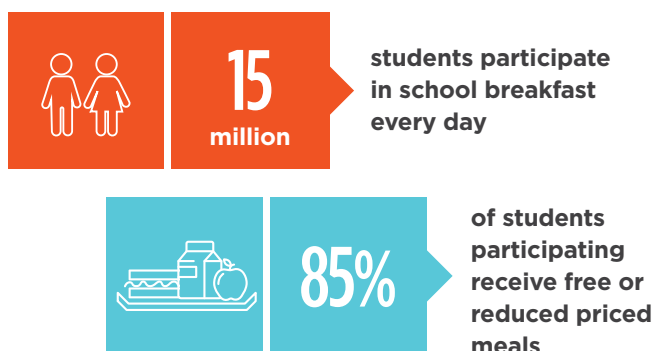
## Schools Meals Support Student Health & Learning

Optimal brain development and function require complete, high-quality nutrition.<sup>2,3</sup> Across the U.S., school nutrition professionals provide millions of meals daily to support the health and learning of students, especially those who are most at-risk for poor health, social or cognitive problems.

### School Lunch:<sup>4</sup>



### School Breakfast:<sup>4</sup>



School nutrition services are a vital part of the foundation on which a child flourishes. Schools provide meals that meet the federal nutrition standards for the National School Lunch and Breakfast Programs and can accommodate the health and nutrition needs of all students.

**WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD**  
A collaborative approach to learning and health



## Looking at the Science

Numerous studies have linked the benefits of nutrition for growing children and adolescents, not just for physical health, but also for behavioral health, cognitive performance and academic achievement. Food insecurity and malnutrition correlate closely with social-emotional and academic problems. The integration of a healthy diet, physically active lifestyle, and adequate sleep may provide optimal circumstances for brain development and learning.<sup>5</sup>

**Call to Action: Help create awareness of the important role school meals play in improving student health and learning.**



## References:

- <sup>1</sup> Centers for Disease Control and Prevention (CDC) and Association for Supervision and Curriculum (ASCD): [Whole School, Whole Community, Whole Child](#) (WSCC)
- <sup>2</sup> Bourre JM. [Effects of nutrients \(in food\) on the structure and function of the nervous system: update on dietary requirements for brain](#). Part I: micronutrients. *Nutr Health Aging*. 2006 Sep-Oct;10(5):377-85.
- <sup>3</sup> Georgieff MK, Ramel SE, Cusick SE. [Nutritional influences on brain development](#). *Acta Paediatr* 2018; 107:1310-1321
- <sup>4</sup> USDA, Food and Nutrition Service. [Program Information Report \(Keydata\)](#). U.S. Summary, FY 2019.
- <sup>5</sup> Naveed S, Lakka T, Haapala EA. [An Overview on the Associations between Health Behaviors and Brain Health in Children and Adolescents with Special Reference to Diet Quality](#). *Int J Environ Res Public Health*, 2020; 17:953