



World Food Programme

SAVING LIVES
CHANGING LIVES

Two Minutes on School Feeding

About School Feeding

Making sure children are healthy and well-nourished while in school is crucial to their ability to learn and thrive. School feeding as part of an integrated school health and nutrition package supports children to become better learners in school and to improve their overall wellbeing. Very simply: sick children cannot attend school, and hungry children cannot learn. WFP understands school feeding as the provision of meals, snacks or take-home incentives through schools conditional upon the attendance of children:

In-School Meals and Snacks: Children are provided with breakfast, lunch or both, while in school. Meals are either prepared at the school, in the community or are delivered from centralised kitchens. Some programmes provide complete meals, while others provide fortified foods such as rice or nutritious snacks, high-energy biscuits or date bars. As often as possible, food is procured locally.

Take-home Incentives: Families receive food and/or cash rations on the condition that their children attend school regularly. In-school meals, combined with these incentives, help to lower drop-out rates and bring more out-of-school children into the classroom.

The need for School Feeding

The Multiple Benefits of School Feeding

Every US\$1 invested in school feeding yields up to US\$9 economic return, owing to improved health, education and productivity:

Education and learning: School feeding programmes promote education by removing barriers to accessing classrooms and learning. A daily meal at school allows children to focus and helps increase enrolment and attendance, promotes retention rates and improves cognitive abilities. Studies have shown programmes can increase enrolment by an average of 9 percent. In areas where there are prevalent barriers to education, including child labour, early marriage, or gender inequalities, school feeding programmes may be tailored to target specific groups of children (e.g., adolescent girls, children from marginalised communities etc.).

Nutrition and health: In vulnerable and marginalised communities, nutrition-sensitive school feeding can offer children a regular source of nutrients that are essential for their mental and physical development. WFP strives to include fortified and fresh foods to ensure meals are as nutritious as possible. When school meals are combined with de-worming and micronutrient fortification, the effects of such investments are multiplied. Moreover, for

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