

Five important facts to take with you to your meeting

1. Healthy school meals improves nutrition and helps combat childhood obesity, saving the NHS money in the long term. ([The Superpowers of School Meals, 2025](#))
2. Healthy school meals boosts a child's attainment and attendance. They can focus better and thrive in their classrooms. ([The Superpowers of School Meals, 2025](#))
3. Healthy school meals improves food security and helps families save on food costs. ([The Superpowers of School Meals, 2025](#))
4. A healthy food environment shapes lifelong habits. Schools that offer nutritious meals, water, and fruit breaks, and limit sugary drinks/snacks, help children develop healthy eating habits that last into adulthood ([WHO, 2018](#))
5. Children typically spend 190 days a year in school, and therefore plays a massively important role in educating children about healthy eating – from school meals to food education and what happens across the whole of the school day.