

Summary of Key Findings: Universal School Meals Research Studies

A study conducted by the Center for Policy Research in New York City schools in 2019 found that:

- “Universal school meals improve performance in both reading and math, while targeted educational interventions typically improve performance in only one subject.”
- Universal school meals improve performance in both math and English language arts by up to 10 weeks of learning.
- The test scores of students who were not eligible for free or reduced-price school meals improved the most.
- The probability of obesity was reduced for students who were not eligible for free or reduced-price school meals.

“Let Them Eat Lunch: The Impact of Universal Free Meals on Student Performance,” Center for Policy Research, 2019

A study conducted by University of Vermont Researchers and published in 2020 found that universal school meals was associated with:

- Improved readiness to learn among students overall
- Improved overall school social climate as a result of financial difference being less visible
- Declines in financial and emotional stress for parents and students
- Declines in stress for school administrators related to the need to collect school meal program debts from families
- Increased ability of schools to purchase and serve local food

“Universal Free School Meal Programs in Vermont Show Multi-Domain Benefits,” *Journal of Hunger and Environmental Nutrition*, 2020

A systematic review of 47 research studies on universal school meals in the United States and other developed countries found that:

- Universal school meals significantly increases overall student participation in school meal programs.
- Universal school meals improves academic performance, both by increasing school attendance, and by improving the quality of childrens’ diets.
- Universal school meals improves overall diet quality for all students, and does not increase body mass index (BMI).
- Universal school meals improves overall family food security for low income households.

Special Issue of the *Journal Nutrients*; research compiled by Mathematica, 2021

A study conducted in Vermont by the Urban Institute in 2019 found that:

- 25% of eligible students were not eating free school lunch, and more than 50% of eligible students were not eating free school breakfast.
- Stigma and shame regarding applying for and using the school meal program was a significant barrier keeping eligible children from accessing school meals. Implementing universal school meals would minimize stigma in two ways: by eliminating the application process for families, and by allowing all students to have access to the same healthy meals at school.
- In addition, up to 42% of children living in food insecure homes in Vermont were not eligible for free or reduced-price school meals.

“Evidence-Based Strategies to End Childhood Hunger in Vermont,” The Urban Institute, 2019

A study in the *Journal of the Academy of Nutrition and Dietetics* found that universal school meals improved attendance for economically disadvantaged students in the second year of implementation and beyond, reducing the percentage of economically disadvantaged students with low attendance by 3.5%.

“Universal Access to Free School Meals through the Community Eligibility Provision Is Associated with Better Attendance for Low-Income Elementary School Students in Wisconsin,” *Journal of the Academy of Nutrition and Dietetics*, 2020

The USDA commissioned an evaluation of universal school meals in early-adopting states, and found that:

- School districts realized time savings on application verification and administrative tasks of 68 minutes per student per year, a cost savings of \$29 per student per year.
- Student participation increased in both breakfast and lunch.

Community Eligibility Provision Evaluation, Prepared by Abt Associates for the U.S. Department of Agriculture, Food and Nutrition Service, 2014

A study of the relationship between universal school meals and student behavior found declines in both suspension rates and disruptive classroom behavior.

“School Nutrition and Student Discipline: Effect of Schoolwide Free Meals,” National Bureau of Economic Research, 2018

A study by the National Institutes of Health found that universal school meals improved students’ mental health, reducing instances of both anxiety and depression.

“Diet, Breakfast, and Academic Performance in Children,” National Institutes of Health, 2002