



D.C. Hunger Solutions

Ending Hunger in the Nation's Capital

Universal School Meals

Universal Free School Meals Amendment Act of 2023

- Under the District's universal school meals act, which was introduced to the Council of the District of Columbia in January, D.C. public and public charter schools, and private schools, participating in the National School Lunch Program would offer free breakfast, lunch, and afterschool snacks to all students regardless of household income. Universal school meals would be a game changer for children, families, and school administrators.

Why Is Universal School Meals in D.C. Important?

Schools provide critical resources, and that should include nutrition, to support children's well-being and promote overall health. Children can't learn on an empty stomach.

Children who receive free school meals have been shown to:

- achieve higher math and reading scores,
- experience lower obesity rates,
- consume more fruits and vegetables,
- have lower risk of behavioral issues, and
- experience fewer nutrition deficiencies.

Adopting Universal School Meals is also a critical step in helping to alleviate the disproportionately high rates of food insecurity among Black and Latinx students, and thus, also advances racial equity.



How Can You Get Involved in Supporting Universal School Meals?

1. Join the Healthy School Meals for All Coalition D.C.
 - a. The [Healthy School Meals for All Coalition D.C.](#) is an opportunity for you to advocate on behalf of all students
2. Contact D.C. Hunger Solutions to sign on in support of the Universal School Meals Amendment Act of 2023.
3. Contact your D.C. Councilmember and Advisory Neighborhood Commissioner to encourage them to support Universal School Meals in D.C.

Questions?

Email D.C. Hunger Solutions at info@dchunger.org.