



## Healthy Lunchbox Ideas: Fueling Students for Success

Fueling success starts with food. Nutritious meals provide children with the energy and focus they need to thrive in school, build confidence, and grow strong both inside and outside the classroom. For many families, school meals or packed lunches are essential to meeting those daily needs.

### Nutritious meals help children learn, stay focused, and support their long-term health

Healthy food helps children concentrate, retain information, and manage their emotions. These are skills that directly impact how they learn and interact with others. Not every child has consistent access to nourishing meals. Because of long-standing racial and economic disparities,

Black children experience higher rates of food insecurity (NAACP Legal Defense Fund, 2023). Prioritizing access to balanced food options helps close that gap and supports equal opportunities in the classroom and beyond.

### Why It Matters

- Black children are nearly three times more likely to experience hunger than white children.
- 22% of Black children live in food-insecure households.
- Nutritious meals support academic achievement and overall health (NAACP LDF, 2023).

### What Can You Do

- Pack balanced lunches with fruits, vegetables, whole grains, and proteins.
- Apply for free or reduced-price school meal programs through your school district.
- Support policies that provide universal, healthy school meals for all children.
- Donate healthy snacks or lunch supplies to local schools or community programs.
- Share nutrition education resources with families to support healthy eating habits at home.



For more Information, visit <https://www.naacpldf.org/>



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