

# Nutrition Recommendation *vs.* Reality

A healthy school nutrition environment provides students with opportunities to learn about and practice healthy eating throughout the time they spend on school grounds.

## RECOMMENDATION

Schools should offer and promote healthy food and beverage options in all areas of the school.

## REALITY

Across states in 2018,

**53%**

of secondary schools did not sell less nutritious foods and beverages on school grounds.\*

**17%**

of secondary schools allowed students to buy fruits and vegetables from vending machines, school stores, canteens, or snack bars.

**31%**

of secondary schools prohibited school staff from giving students food or food coupons as a reward for good behavior or good academic performance.

**39%**

of secondary schools prohibited less nutritious foods and beverages from being sold for fundraising purposes.

**54%**

of secondary schools prohibited advertisements.\*\*



Source: Centers for Disease Control and Prevention. *School Health Profiles 2018: Characteristics of Health Programs Among Secondary Schools*. Atlanta: Centers for Disease Control and Prevention; 2019.

\* baked goods not low in fat, salty snacks not low in fat, candy, soda pop and fruit drinks that are not 100% juice, and sports drinks in vending machines, school stores, canteens, or snack bars.

\*\* advertisements for candy, fast food restaurants, or soft drinks in school buildings, on school grounds, on school buses or other vehicles used to transport students, or in any educational materials.