



WELCOME FOOD CHAMPIONS!

The world is facing a food crisis:
there isn't enough healthy food for everyone because of things like poverty and climate change.

DID YOU KNOW? IN THE WORLD:

**45 MILLION CHILDREN UNDER 5
ARE DANGEROUSLY UNDERWEIGHT**

**153 MILLION CHILDREN
ARE FACING STARVATION**

THIS IS NOT GOOD ENOUGH!



**IT'S TIME
TO CHANGE THE
WORLD, ONE SCHOOL
MEAL AT A TIME!**

WITH THIS BOOKLET, YOU WILL:



Discover what school feeding means to children around the world.



Learn how to join the School Meals Festival of Actions.



Find out how to ask your local leaders for healthy school meals.



Only 2 out of 5 children in the world get fed at school, even though it is so important for children who don't have enough food at home.

Last year, World Vision International helped more than a million children get healthy school meals.



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**SCHOOL IS MY SECOND HOME BECAUSE I KNOW
I CAN HAVE A HEALTHY MEAL THERE.**

HENOK, 13. ETHIOPIA

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MARIA'S SCHOOL MEAL STORY



SCHOOL MEALS
CHANGED
EVERYTHING
FOR US!



LAST YEAR, MY FAMILY WENT
THROUGH A HARD TIME. A DROUGHT
RUINED OUR CROPS, AND WE DIDN'T
HAVE ENOUGH FOOD TO EAT.



THEN SOMETHING CHANGED: MY SCHOOL STARTED GIVING
FREE, HEALTHY MEALS EVERY DAY!
THEY KEPT ME FULL AND READY TO LEARN.



WE ALSO GOT VACCINES AND DE-WORMING
TABLETS TO STAY HEALTHY AND STRONG.

AND THEY CAN
HELP MILLIONS
MORE!



THANKS TO SCHOOL MEALS, I DIDN'T HAVE
TO LEAVE SCHOOL TO START WORKING OR
GET MARRIED EARLY TO SAVE MONEY.



THE FOOD IS ALSO MADE IN A WAY THAT
HELPS THE PLANET, WHICH GIVES ME
HOPE FOR THE FUTURE.



AND GUESS WHAT? SCHOOL MEALS EVEN GAVE
MY MUM A JOB! SCHOOL MEALS GAVE 4 MILLION
PEOPLE JOBS IN 85 COUNTRIES!

WHAT DO SCHOOL MEALS MEAN TO CHILDREN AROUND THE WORLD?

This year, World Vision ran a big and exciting research project with...



1000

CHILDREN

IN

10

COUNTRIES

Each country had a team of:

10

RESEARCHERS AGED 12-17

Each team spoke to:

100

CHILDREN

They asked:

WHAT DO SCHOOL MEALS MEAN TO YOU?



WITH THIS RESEARCH, I FEEL LIKE I'M DOING SOMETHING THAT MATTERS. THAT WILL REALLY HELP TO CHANGE THINGS.

RYAN. 16. BRAZIL



CHILDREN AROUND THE WORLD EAT DIFFERENT FOODS...



BUT SCHOOL MEALS MAKE THEM FEEL THE SAME...

HAPPY sharing a meal with friends.

FOCUSED in class.

SAFE in school.

HEALTHY from all the nutritious food.

STRONG enough to reach their potential.



SCHOOL MEALS ARE SO IMPORTANT BECAUSE...

School feeding is one of the world's biggest safety nets for children. It helps 418 million children grow, learn, and stay healthy!

And isn't just about food. It also protects your rights as children:



EDUCATION



PROTECTION FROM VIOLENCE



HEALTH, WATER, FOOD, ENVIRONMENT



FOOD, CLOTHING & A SAFE HOME



LIFE, SURVIVAL & DEVELOPMENT



CULTURE & IDENTITY



MY FAVOURITE SCHOOL MEAL IS...
(Drawing or photo)

I LIKE IT BECAUSE...

EVERY CHILD SHOULD HAVE SCHOOL MEALS BECAUSE...



SCHOOL MEALS MAKE ME LESS HUNGRY DURING LESSONS. I CAN STUDY HARD AND GET GOOD GRADES.

CHANDY, 13, CAMBODIA



WHAT IS THE SCHOOL MEALS FESTIVAL OF ACTIONS?



From July to September, join the fun! We're warming up for the 2025 School Meals Summit in Brazil (18–19 September), where children will share ideas for better school meals.

You could be one of them!

HOW CAN YOU TAKE PART?

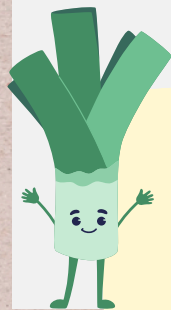


1. TAKE PART IN EVENTS

Summer camps and activities, marches, or parades at your school or in your community!

2. SIGN THE CALL TO ACTION

Add your name to the Call to Action so leaders know that school meals matter.



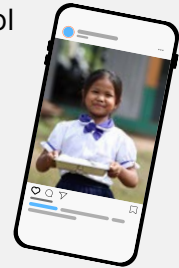
STAY SAFE ON SOCIAL MEDIA!

Protect your personal info - Be respectful
Don't talk to strangers - Think before you post
Tell a trusted adult if you feel uncomfortable



3. TAKE A PHOTO/ VIDEO

1. Post a photo or selfie video of your school meal on social media.
2. Say why you like it and why all children need school meals.
3. Use the hashtag #MySchoolMeal.
4. Tag your friends & ask them to do it too!



4. GET CREATIVE

Write a story, poem, or song about school meals and share it with #MySchoolMeal.



5. MAKE A PLATE LETTER

Use a cardboard plate to write a message to your leaders asking them for school meals for all children.





YOUR IDEAS PLATE



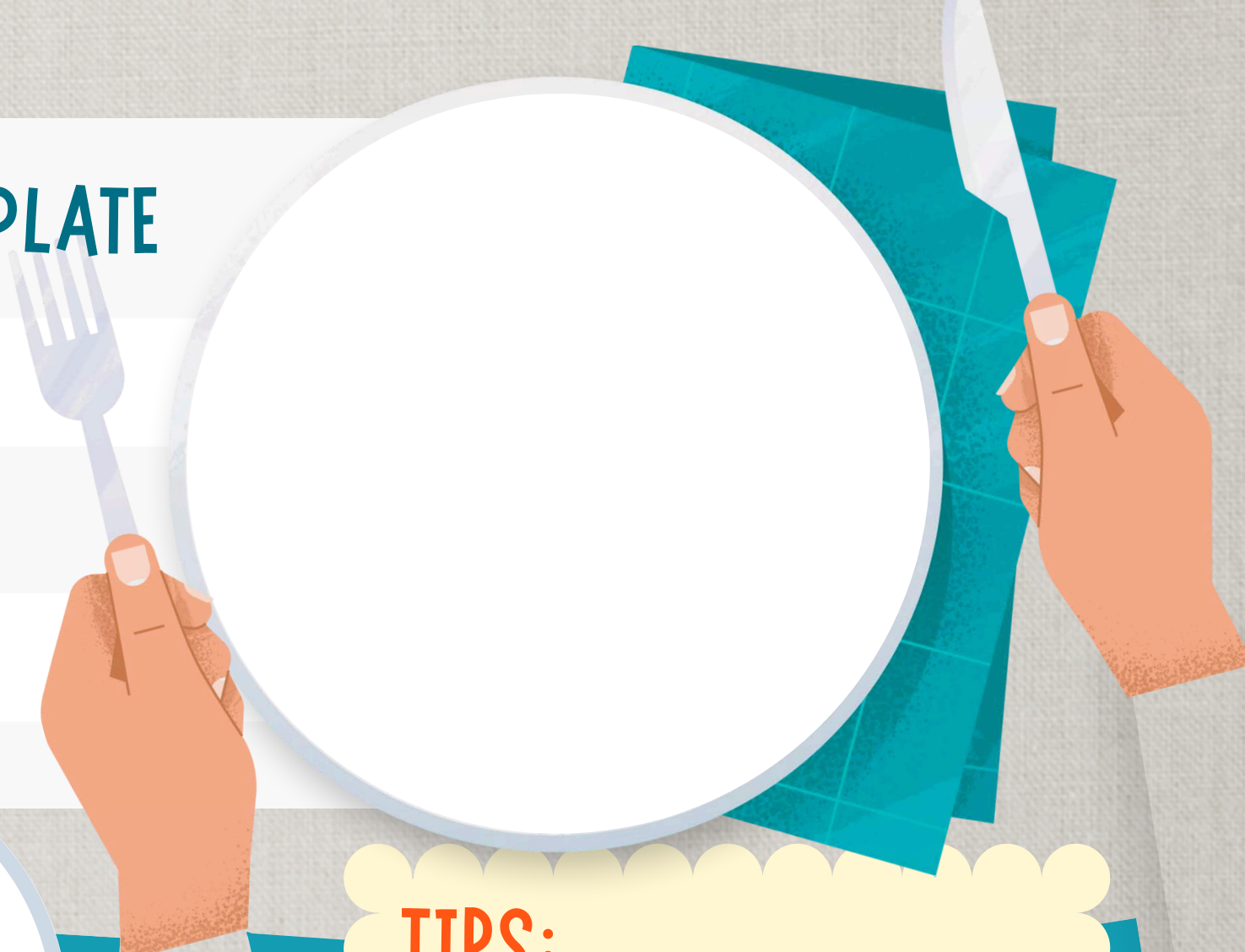
Draw or write on a cardboard plate:
How can we make sure every child gets
a healthy school meal?



Take a photo of your "Ideas Plate" and
post it with the hashtag #MySchoolMeal
(with the help of a parent or teacher).



Share the plates in class or hang
them around your school!



EXAMPLE



GOVERNMENTS NEED
TO PROVIDE MORE
RESOURCES

SHEYLA, 17, PERU



TIPS:

What should leaders do?

What can schools and communities do?

What can children like you do to help?

A BETTER WORLD WITH SCHOOL MEALS

IF ALL CHILDREN HAD SCHOOL MEALS. THEY COULD...

LEARN AND REACH THEIR DREAMS

Focus in class and do better in their studies.

HAVE A FAIR CHANCE

Get the food and learning they need, no matter where they live or how much money their family has.

GROW UP HEALTHY AND STRONG

Stay well and be better protected from sickness.

BE SAFE AND LIVE IN PEACE

Not be forced to work, fight, or marry too young.

HELP FIX THE FOOD SYSTEM

School meals drive positive change through healthy eating, fair farming, and stronger local food systems.

HAVE STRONGER FAMILIES AND COMMUNITIES

School meals mean jobs for cooks, income for farmers, and better futures for everyone.

HELP PROTECT THE PLANET

School meals often use local, planet-friendly foods and teach children to care for nature too.



.....'S SCHOOL MEAL STORY

- How did school meals make a difference for you or for someone you know?
- If you don't receive school meals, how do you think they could make a difference to children in your country?

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