

Special Issue

The Influence of School Meals on Children and Adolescents

Message from the Guest Editor

School meals play an important role in ensuring nutrition and food security for children during their growth period. School meals were provided in at least 125 countries around the world in 2021, and this covered many of the children and students in elementary and junior high schools in those countries. Furthermore, because they are provided to children as a meal on a daily basis, they are one of the most powerful nutrition policies. The effects of school meals are wide-ranging, including improvements and equity of healthy growth/nutrition, improvements in eating habits/nutritional knowledge/attitudes to food, improvements in school attendance rates/academic performance, support for family finances, the development of local agriculture and economics, and reducing national healthcare costs both now and in the future. Our Special Issue aims to discuss the various effects of school lunches. In particular, we expect the papers that quantitatively measure or predict the effects of school meals on children and students or on the local environment. We invite interested researchers to submit original research and review articles relating to this topic.

Guest Editor

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Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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