



## Our Impact

*NPI's research provides influential evidence that shapes federal, state and local nutrition programs. Since 2014, NPI has contributed to several **program and policy wins!***

### School Meals for All

NPI demonstrated that school meals improve the overall diet quality of students and that providing universal school meals increases student participation. **California became the first state in the nation to permanently adopt school breakfast and lunch at no charge, providing access to better nutrition for over 6 million K-12 students annually.**

### Chips, Soda and Profits in Schools

NPI showed that schools would not lose money if they stopped selling chips and soda. California became the first state to pass legislation prohibiting sales of these foods in schools. This law **improves the nutrition of over 6 million children in California every year.**

### Cooking School Meals – Can We Afford Them?

NPI demonstrated that cooking from scratch in school kitchens doesn't cost more than selling pre-packaged foods, and that kids prefer freshly prepared meals. This has contributed to the **USDA funding \$30 million for school kitchen equipment in fiscal year 2018 alone.**



CDC Amanda Mills

### More Recess Time for Children in California Schools

NPI research showed that many California elementary schools do not meet recommendations to provide students more than 20 minutes per day of recess, which is critical to support their physical activity and physical fitness. **California state policy now requires all students have access to 30-minutes of recess each day beginning in the 2024-2025 school year.**

### Healthy Women, Infants and Children

NPI research showed some of the health benefits of providing healthier foods in the Special Supplemental Nutrition Program for Women, Infants and Children—commonly known as WIC—including increased funding for fruit and vegetable purchases. **Over 1 million women and children receive WIC benefits annually in California – reaching over half of all infants born in the state and one-quarter of children between the ages of 1 and 5 years old.**

## Healthier Foods and Beverages in Child Care and the Law

NPI research showed that childcare providers who participate in the federal Child and Adult Care Food Program—also known as CACFP—provide better nutrition than those that do not. NPI provided the evidence to pass California’s Healthy Beverages in Childcare law, which is among the most comprehensive child care beverage policies in the nation. **Nearly 2 million preschoolers in the state now get only healthy beverages while in childcare and the state is engaged in efforts to increase CACFP participation.**

## Safe Tap Water in California Schools and Child Care Centers

NPI showed that increasing water promotion and access can improve child weight status, yet some school drinking water sources have too much lead. As a result, **lead testing and remediation in California schools and childcare settings is required. California also leads the nation with both SNAP-Ed and schools required to teach about healthy hydration.**

## Making Food Pantries Healthier

NPI research showed that clients at food pantries would rather get healthy foods instead of chips, candies and soda. Over 1,800 food bank staff have taken NPI’s online training to improve food bank nutrition policies leading to **healthier foods and beverages distributed by California food banks and pantries to food insecure people.**

## Improving Student Food Security on University of California Campuses

NPI research showed that 4-in-10 University of California students struggle with food insecurity. This led to the creation of **Basic Needs Campus Centers** on all 10 UC campuses to combat food insecurity at one of the largest university systems in the United States.

## Healthy Vending Options at the University of California

NPI showed that University of California campuses with healthy vending options achieved greater sales of healthy snacks and drinks. **UC now has a healthy vending policy based on evidence-based guidelines, providing more than 280,000 students and 227,000 faculty and staff access to healthier vending options on UC campuses.**

## Increasing Locally Grown Produce in State Prisons

NPI collaborated to expand the purchasing of California-grown produce in prisons operated by the California Department of Corrections and Rehabilitations, the single largest purchaser of food in the state. **More local produce is now served in state prisons through a Farm to Corrections Harvest of the Month program, benefiting people who are incarcerated, staff, and CA growers and distributors.**

## Improving Supplemental Nutrition Assistance Program Education

NPI showed that comprehensive, more intensive Supplemental Nutrition Assistance Program Education interventions—known nationally SNAP-Ed and CalFresh Healthy Living in California—are associated with better fitness and diet-related outcomes in children, leading to **more effective healthy eating and active living efforts that can reach up to one-third of Californians.**

## Expanding CalFresh Benefits to Farmers Markets

NPI demonstrated that dollar-for dollar match incentive programs for CalFresh—known nationally as SNAP—participants at farmers’ markets help families purchase additional California-grown fruits and vegetables. **California legislators have provided millions in funding to continue CalFresh match benefits.**