



BY ALEXANDRIA CITY HIGH SCHOOL

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TOPIC

Healthy School lunch

TOPIC DESCRIPTION

Healthy School lunches are a important issue for students at ACHS. Many students eat lunches at school every day and need healthy food to stay strong. If school lunches are not healthy students may feel tired and have trouble paying attention in class. This matters at ACHS and in alexandria beacuse students need good food to learn and grow.

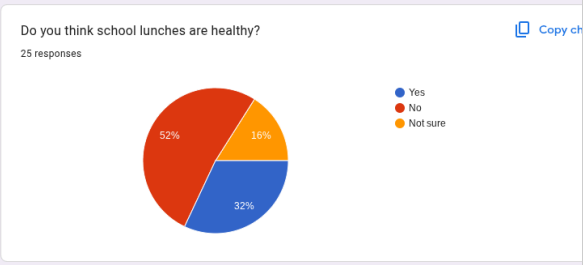
BASELINE DATA & GOAL

At ACHS, about 60% of students eat school lunch everyday. This shows that many studnets depend on school lunch, so healthy food is important. my goal is to increase healthy lunch choices so that 80% of school lunche include healthy food options for students.

CYCP GOAL & STRATEGIC AREA

This issue connects to the CYCP goal of healthy children and youth. Healthy school lunches help students stay strong, focus in class, and do better in school. This fits beacuse students need healthy food to grow and learn.

WHAT IS HAPPENING RIGHT NOW?



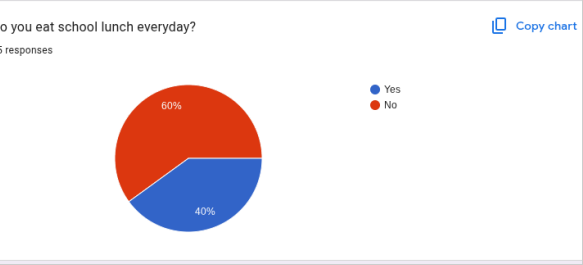
Graph 1: Do you think school lunches are heathly?

Yes: 32%

No: 52%

Not sure: 16%

This data shows that most studnets said school lunches are not healthy.



This shows that many studnets think the food at school needs to be more healthy.

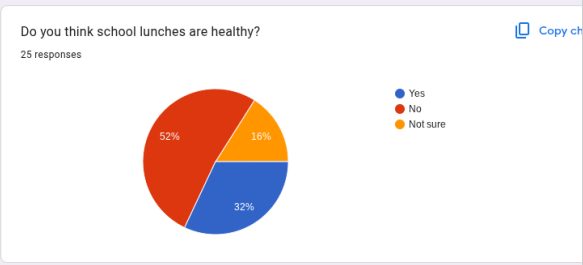
Graph 2: Do you eat school lunch everyday?

Yes: 40%

No: 60\$

Only 40% of students eat school lunch everyday.

This matters beacuse many students do not like the school lunch choices or think the food is not healthy.



ACPS/ACHS already serves school lunches and offer some healthy food like fruits and vegetables.

These strategies are not working but they are helping some studnets and 52% of students still think that school lunches are not healthy, so improvement is still needed.

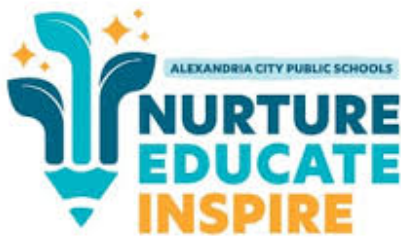
WHAT HAS ALREADY BEEN TRIED?

ACPS and ACHS already provide school lunch for students everyday. They also offer some healthy food like fruits, vegetabkes, and milk. Even with these changes, many students still think the lunches are not healthy.

WHO CAN HELP?

Dr. Erif Coleman

The city of Alexandira public school board.



WHAT HAS BEEN DONE SO FAR?

Schools added healthier foods
Less junk food and sugary drinks

IS IT ACTUALLY HELPING?

Students are eating healthier
Some students have more energy and focus

WHAT SHOULD CHANGE? (YOUR SOLUTION)

My solution is to make school lunches healthier and tastier. Schools should add more fruits, vegetables, and healthy drinks. Students should also help choose healthy foods they like so more people will eat them.

My survey showed that 80% of students think healthy lunches help them focus better in class. Most students also said school lunches should taste better and include more fresh foods. My solution is to make healthy lunches tastier and add more fruits, vegetables, and healthy snacks so more students will enjoy eating them.

WHAT WILL HAPPEN NEXT?

Students will be healthier
and have more energy
Students may focus better
in class
Students and teachers will
benefit from healthier
lunches

CITATIONS

Citations in APA format:

Eickert, C. (2025). *Titan Changemaker Listening Session Handout* [Handout].

Centers for Disease Control and Prevention. (2024). Healthy eating for students.

United States Department of Agriculture. (2024). School nutrition programs.

LEARN MORE

School nutrition websites
help students learn healthy
eating
Doctors and nutritionists
can teach schools about
healthy foods
CITATIONS