

Nourishing India's Next Generation



School Food, Nutrition & Child Well-being in Urban India

A study by Compass Group India conducted by Thinking Forks Consulting.

THE SCHOOL FOOD GAP

81%

of healthcare professionals believe school cafeterias do not offer a healthy, nutritious spread



55%

of parents report their child's school does not provide meals on campus at all



~50%

of students eat at least one meal at school daily - making schools critical nutrition touchpoints



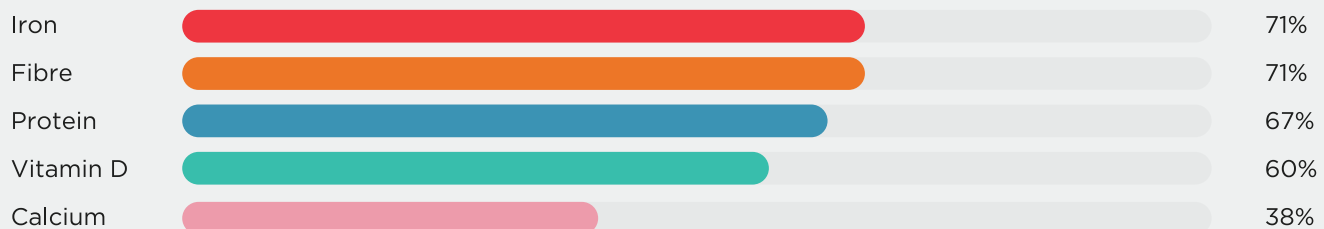
57%

of urban adolescents (13-15 years) have inadequate fruit & vegetable intake



TOP MICRONUTRIENT DEFICIENCIES IN SCHOOL-AGE CHILDREN

Identified by healthcare professionals - gaps exist not just in calories but in nutritional quality



DIETARY PATTERN CONCERNS

13-15 Years

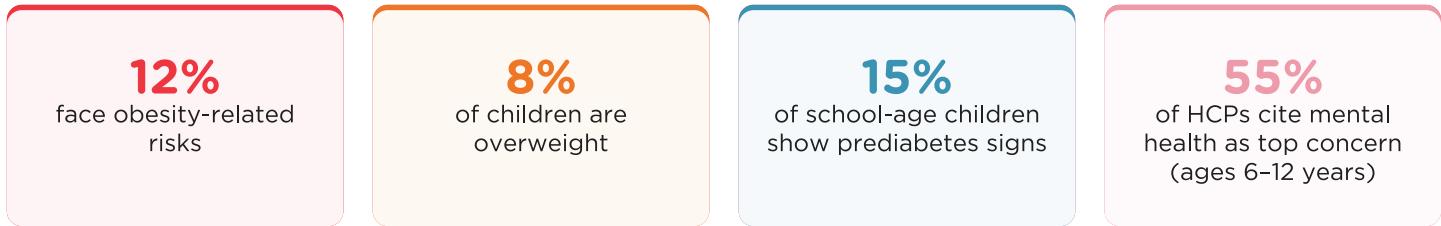
Urban adolescent age group most at risk of dietary deficiencies

- Many children rely heavily on processed and high-fat foods daily
- Fruit & vegetable intake remains significantly below recommended levels
- Deficiencies persist even among overweight & obese children
- Sedentary lifestyles compound poor dietary habits, accelerating risk



Emerging Health Risks & The Path Forward

KEY HEALTH RISK INDICATORS AMONG SCHOOL-AGE CHILDREN



27 Million+ Children

Projected to be living with obesity in India by 2030 (ages 5-19 years) - driven by sedentary lifestyles, unhealthy diets and rising hypertension among adolescents

India 2030 Forecast

MENTAL HEALTH & GLOBAL SCHOOL MEAL EVIDENCE

TOP HEALTH CONCERNS (AGES 6-12 YEARS)

- High** Micronutrient deficiencies (Iron, Vit D, Calcium)
- Rising** Obesity linked to unhealthy diet & inactivity
- New** Early-onset hypertension in adolescents

WHY SCHOOL MEALS MATTER

- Improved student behaviour & classroom attentiveness
- Stronger academic performance outcomes
- Encourages lifelong healthier food choices
- Reduces micronutrient deficiency prevalence
- Supports mental well-being through balanced nutrition

OUR COMMITMENT: A HOLISTIC APPROACH TO SCHOOL FOOD

Compass Group India Reaffirms

Schools must move beyond basic meal provision and adopt an evidence-based, holistic approach to food services - integrating nutritious planning, education and continuous monitoring to support the long-term well-being of India's next generation.

4 PILLARS OF ACTION

- Nutritious meal planning & diverse menus
- Nutrition education for students & parents
- Stakeholder engagement (schools, HCPs, families)
- Continuous monitoring & impact assessment



LET'S WORK TOGETHER TO BUILD HEALTHIER, FUTURE-READY SCHOOL FOOD ECOSYSTEMS FOR THE NEXT GENERATION.

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