

WHY SCHOOL BREAKFAST?

Children who eat school breakfast show an

Increase in Cognitive Function



+ ÷ = × Improvement in Test Scores



& better behavior¹.

School breakfast provides children who do not have the time



or household income \$ to eat before school with a healthy meal.

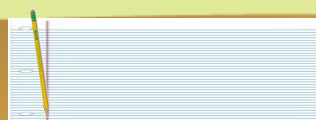


The math does not add up:

491,485 children who eat school lunch

- 163,126 children who eat school breakfast

328,359 Children who are not eating school breakfast in Massachusetts²





HELPING CHILDREN SUCCEED IN SCHOOL

When students start the day with a nutritious breakfast, they start the day ready to learn. Some students skip breakfast at home because they are not hungry when they first wake up. Getting ready for school can be rushed and many families find it difficult to squeeze in breakfast. When parents rely on school breakfast, they can be ASSURED that their child will receive a healthy breakfast.

ANY SCHOOL CAN OFFER SCHOOL BREAKFAST AND ANY CHILD CAN PARTICIPATE!

SCHOOL BREAKFAST PROVIDES NOURISHING AND AFFORDABLE MEALS THAT HELP TO SAVE PARENTS OR GUARDIANS TIME AND MONEY!

Breakfast in the Classroom (BIC)

BIC is the most successful way to feed as many students as possible. Menus can still be exciting for students when doing BIC. Providing breakfast in the classroom allows students to engage in education-related activities and makes it easier for any student to participate.



Traditional Breakfast

Students eat their breakfast in the cafeteria. To maximize the number of students who take part in breakfast, the school can make the cafeteria the morning gathering place or encourage students to enter the school building through the door closest to the cafeteria.

Grab & Go

Easy-to-eat breakfast foods are put in individual bags for students to take as they enter the school building. Students can take their breakfast with them to eat on the playground, in the hallway, in the cafeteria, or in the classroom.



¹FRAC Breakfast for Learning: Scientific research on the link between children's nutrition and academic performance, Spring 2014

²Massachusetts Department of Elementary and Secondary Education, School Breakfast Program, October 2014 Statistics

