



# School Breakfast

## Key to Academic Excellence

**All children need breakfast every day**  
***Bottom Line: It takes more than books for a child to learn***

Every student needs to eat breakfast because a hungry child cannot learn. Yet many children come to school without eating breakfast. Children may not eat breakfast because they do not have time or are not hungry when they wake up. With busy family schedules, many children are left to prepare breakfast on their own. Those who do eat may choose low-nutrient foods that do not sustain energy levels throughout the morning. For some children, food insufficiency may be an issue. Others eat breakfast so early they are hungry again when they get to school. Whatever the reason, the School Breakfast Program can help. Many core subjects are taught in the morning, so make sure school breakfast fuels your child with the energy needed to perform better in school.

*“Numerous studies, reviews and position papers ... have found that increased participation in School Breakfast Programs is associated with better academic test scores, daily attendance and class participation, and it also has been linked to reductions in absences and tardiness.”*

— David Satcher, M.D., Ph.D., 16th United States Surgeon General, Director, Satcher Health Leadership Institute at Morehouse School of Medicine, Testimony on Child Nutrition Reauthorization to the U.S. Senate Committee on Agriculture, Nutrition and Forestry, May 16, 2009

### ***Benefits of School Breakfast***

**Children** benefit because they:

- have higher test scores, work faster, make fewer errors and are more creative
- are less likely to be sent to the principal or visit the school nurse
- are better able to concentrate on learning
- are more cooperative and get along better with classmates
- are healthier and have improved attendance

**Parents** benefit because:

- mornings are easier
- children start the day ready to learn
- concerns about skipping breakfast are relieved

**Teachers** benefit because:

- behavior improves
- academic success improves
- attention increases

**Principals/Superintendents** benefit because:

- attendance increases
- test scores increase
- discipline problems decrease



*90 percent of teachers surveyed indicate that the School Breakfast Program is a positive influence on the school day.*



### ***School Breakfast: A Smart Choice for Busy Parents***

In many classrooms, demanding school subjects like math and science are taught in the morning. When children eat breakfast at school, they start the day fueled to learn so they can do their best on their hardest work. School breakfasts are planned to meet

*“This institution is an equal opportunity provider”*

one-fourth of children's daily nutrient needs, so they also help sustain students' energy