

The Facts about School Breakfast

A Handout for Parents and Teachers

School Breakfast is proven to be good for children's bodies and their minds. Research shows that children who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities. So, why not start your kids off with school breakfast every day?

School Breakfast Today—the Quick Facts!

- Permanently established in 1975, the School Breakfast Program (SBP), is a federally funded, locally delivered nutrition program, similar to the National School Lunch Program (NSLP).
- SBP provides a nutritious breakfast to more than 9.3 million children each school day
- Over 80,000 schools and institutions serve school breakfast every day, compared to almost 100,000 that offer NSLP
- For fiscal year 2006, Congress appropriated \$2.07 billion for the SBP
- Innovative approaches to serving breakfast include serving it during first period, 'grab and go' bags in the halls or even serving on the school bus.

Why Eat School Breakfast?

School Breakfast really is the most important meal of the day for kids as it provides the necessary fuel to start a day of learning and achievement. Research has shown that children who eat breakfast have:

Higher Academic Scores

- Students who eat breakfast earn, on average, a letter grade higher in math than kids who don't according to *Pediatrics Magazine*
- Studies have also shown eating breakfast results in higher test scores¹

Improved behavior

- Hungry children are more likely to have discipline problems
- Satiated teens are less likely to be suspended from school²

Reduced tardiness and absenteeism

- Kids who participate in the School Breakfast Program are tardy and/or absent from school less often²

Less visits to the Nurse's Office

- Research has revealed that children who eat breakfast visit the nurse's office less often²

School Breakfast: Good for Kids

- School breakfast provides 25% of the recommended daily allowance of protein, calcium and iron, vitamins A and C and calories for your kids as well as meeting federal nutrition guidelines based on the Dietary Guidelines for Americans.
- Eating breakfast positively impacts weight management as there is less risk of becoming overweight and/or obese for children who eat breakfast²
- School breakfast helps to build lifelong healthy eating habits²

On any given day, 51% of kids go to school without breakfast³

¹ www.schoolnutrition.org

² "School Breakfast Scorecard 2006"; Food Research and Action Center; www.frac.org

³ Child Nutrition Foundation/National Dairy Council®

Made possible by:



Success starts here. NATIONAL DAIRY COUNCIL

