

HUNGRY STUDENTS CAN'T LEARN

You can feed their potential with school breakfast.



“Serving school breakfast—especially through alternative options such as breakfast in the classroom and grab n’ go—is possibly the **easiest**, most **cost-effective** and most **directly helpful** step schools can take to improve school and student wellness.”

-Excerpt from *The Wellness Impact: Enhancing Academic Success through Healthy School Environments*

To learn more visit GENYOUthFoundation.org

Did you know?

-Only **38%** of all teens eat breakfast every day, regardless of income level

-Eating breakfast **closer to instructional time** has a greater impact on student success

-Schools not serving breakfast are **missing out on federal funding** through the National School Breakfast Program



SCHOOL BREAKFAST MAKES
ACADEMIC AND ECONOMIC SENSE.

Everyone succeeds with school breakfast.

Healthy students are better students. Research shows that good nutrition, daily breakfast and increased physical activity can lead to improved academic performance.

Students who eat school breakfast experience:

- ✓ less tardiness and absenteeism
- ✓ improved math and reading scores
- ✓ fewer visits to a nurse’s office
- ✓ fewer behavior problems
- ✓ fewer psychosocial problems such as depression, anxiety and hyperactivity



Give students the best possible start.

Support your school nutrition department by encouraging alternative service models, which are proven to increase the number of students who eat school breakfast. More students participate when breakfast is both accessible and convenient. Your school nutrition department, teachers and custodians can work as a team to determine which service model is best for your school.



Grab n' Go



Breakfast after the Bell



Breakfast in the Classroom

New England Dairy & Food Council can help.

Learn more about how to begin or expand a school breakfast program. For resources, technical assistance and funding opportunities, visit: www.NewEnglandDairyCouncil.org.

Breakfast Success!

Brookfield Elementary in Brockton, Massachusetts made breakfast part of the school day. Using funding from Fuel Up to Play 60,* the school nutrition department purchased insulated bags to bring breakfast to each classroom. Breakfast is now easily accessible to ALL students.

Results: Since classroom breakfast started, participation went from **38% to 92%!**



“Eating a healthy breakfast helps to lay the groundwork children need to learn. Our students are excited about eating breakfast in their classrooms and the teachers report that their students settle into their day much more quickly, and we have seen a substantial decrease in the amount of students tardy each day.”

- Valerie Brower, Principal,
Brookfield Elementary School

*Learn more about Fuel Up to Play 60 funding opportunities at www.FuelUpToPlay60.com