Dear Teacher,

National School Breakfast Week is the first week in March. The [Name of Town] Child Nutrition Program is getting ready during the month of February. We are running a *Fuel Up with School Breakfast* promotion. The promotion will culminate in prize giveaways for participating students during National School Breakfast Week, [insert dates].

**Fuel Up with School Breakfast**

Everyone knows eating a healthy breakfast is the best way to start out your day. But did you know studies have shown kids who eat breakfast seem to have an easier time learning than kids who don’t eat breakfast? Breakfast eaters: are able to concentrate on learning, make fewer errors, score higher on tests, are more creative and work faster. Kids who eat breakfast behave better in school than hungry kids. Breakfast eaters: cause fewer fights, are more cooperative, are less likely to be sent to the principal’s office for a discipline problem and get along better with classmates. Also, kids who eat breakfast are more likely to be in school than non-breakfast eaters. Breakfast eaters are: less likely to be absent, less likely to be late and less likely to be sitting in the school nurse’s office with a stomachache or headache.

National School Breakfast Week is an excellent time to remind your students how important it is to eat a healthy breakfast each morning. I’ve included some links to help get you started.

National Dairy Council’s nutrition education website can be found at: www.FuelUpToPlay60.com>Tools>Why Healthy Eating

If you have any questions or would like more information about our *Fuel Up with School Breakfast* event, please contact me in the [Name of Town] Child Nutrition Office.

Sincerely,

[Name]
[Title]
[Phone Number]