

Fuel the Day



Make it Your Mission ... No Child Starts the Day Hungry

10 Reasons to Promote School Breakfast

Students who eat school breakfast are more likely to:*

1. Have better concentration and memory
2. Be more alert
3. Reach higher levels of achievement in reading and math
4. Score higher on standardized tests
5. Maintain a healthy weight
6. Have lower rates of absenteeism and tardiness
7. Have fewer behavioral problems
8. Have fewer visits to the nurse's office
9. Improve their overall dietary intake
10. Have less stress and anxiety

How Teachers Can Promote School Breakfast

Educate students on the importance of breakfast

Go through the school breakfast menu with your students and discuss the different options.

Join your students at school breakfast

Ask them to meet you at a designated table to enjoy breakfast together.

Who is coming to class hungry? Get the word out

Let parents know about school breakfast during open houses and parent-teacher conferences.

Educate them on the importance of breakfast and how their child can participate.

Share information in your classroom newsletter.

Invite parents to join their child at school breakfast

Encourage your students to eat school breakfast

School breakfast is for everyone! Consider allowing students more time for breakfast in your classroom.

Worried about a mess with breakfast in your classroom? Just as you teach students multiplication, show them how to take care of themselves, their classroom, and the environment. Consider assigning a student leader to assist.

***Resources:**

- No Kid Hungry, HUNGER DEVASTATES CHILDREN: FACTS ON CHILDHOOD HUNGER IN AMERICA, 2016.
- Michigan Department of Education and No Kid Hungry, 2019 Playbook: BREAKFAST AFTER THE BELL, 2019.