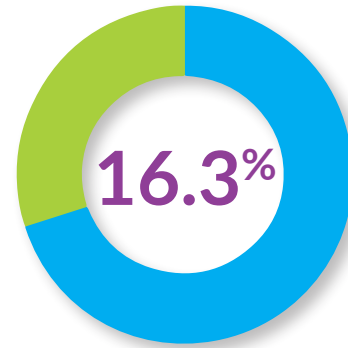


Breakfast at School



Help Students Get What They Need to Succeed

Percentage of children
in Michigan who
struggle with hunger



Research shows that the simple act of eating school breakfast can dramatically change a child's life.

1. Higher Test Scores

Hunger makes school harder. On average, students who eat school breakfast achieve 17.5% higher scores on standardized math tests.

2. Calmer Classrooms

Children who do not regularly get enough nutritious food to eat tend to have significantly higher levels of behavioral, emotional and educational problems.

3. Fewer Trips To The Nurse

When kids come to school hungry, they visit the school nurse more often due to stomach aches and headaches.

Kids who struggle with hunger are also likely to be sick more often, recover from illness more slowly, be more susceptible to obesity and to be hospitalized more frequently.

4. Higher Attendance & Graduation Rates

On average, student attendance increases by 1.5 days per year for kids who regularly start the day with a healthy breakfast.

Students who attend class more regularly are 20% more likely to graduate from high school.

Breakfast at School



Help Students Get What They Need to Succeed

Get the word out to parents, teachers and students

- Schools that participate in the National School Breakfast Program must adhere to nutrition guidelines supported by science and provided by USDA.
- Even though food items offered to students at school sometimes look the same as breakfast foods found in grocery stores, convenience stores or fast food restaurants, school breakfast items often include whole grains and less sugar, sodium, fat, and calories.
- Create a welcoming culture in your school by greeting students and encouraging them to eat breakfast at school.
- School breakfast is for everyone. Encourage all students to participate in school breakfast and help wipe out the stigma that it is only for free and reduced students.
- All staff members: teachers, para professionals, bus drivers, custodians, office staff, and coaches, can help encourage the students to start their day right by eating a healthy school breakfast.
- Students who eat school breakfast are more likely to have a better overall diet, eating more fruits, dairy and a variety of foods.

Bring Breakfast to the Students

Talk to your food service director about alternative options to bring breakfast to the students – breakfast in the classroom, grab-and-go breakfast, and second chance breakfast.



“We can’t raise a child’s IQ, and we aren’t their teachers, but if we are allowed through improved nutrition and regular physical activity **we can put a better student in the chair.**”

- Robert Murray MD, FAAP

Pediatrician and Professor of Nutrition at the Ohio State University