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REASONS TO PROMOTE

BREAKFAST IN SCHOOL



BETTER NUTRITION

Breakfast meals served at schools meet nutrient standards for calories, saturated fats and sodium. Having breakfast at school improves dietary intake and prevents obesity risk.*



IMPROVES ACADEMIC PERFORMANCE

Students who participate in school breakfast show improved attendance, behavior and academic performance, as well as decreased tardiness.+



DECREASES RISK OF FOOD INSECURITY

Students with improved nutrient intake as a result of a program that offers school breakfast at no cost to all students report decreases in symptoms of hunger.*



BETTER TESTING SCORES

Eating breakfast, including at school—closer to class and test-taking time—perform better on standardized test than those who skip breakfast.+



POSITIVE IMPACT ON MENTAL HEALTH

School breakfast, including breakfast offered at no cost to all students, positively impacts student's mental health, including reductions in behavioral problems, anxiety and depression.*

* FRAC, Research Brief; Breakfast for Health
+ FRAC, Research Brief; Breakfast for Learning

DID YOU KOW



3.1 Households with Children were Food Insecure in 2016.¹

Million



Of the 22.1 million students in the U.S. who ate free or reduced-price lunch in 2016, **only about**

12.3

Million participated in the School Breakfast Program.²

Innovative breakfast service models have increased participation among schools.

The SNA National Survey found nearly **HALF** responding school districts use alternative breakfast services.

56.2%

Districts offer Grab&Go Breakfast.



43%

Districts deliver breakfast directly to the classroom.³

AS AN EDUCATOR, WHAT CAN I DO?

- Make It Your Mission: No Child Starts the Day Hungry.
- Learn more about the School Breakfast Program: Find out if and how it is being implemented in your school.
- Learn more about the different ways other schools are increasing participation in the School Breakfast Program.
- Model Healthy Habits!



DAIRY COUNCIL OF FLORIDA

WWW.FLORIDAMILK.COM

www.floridamilk.com/in-the-schools/

1. USDA, Food Security in the U.S. Key Statistics

2. USDA, Child-Nutrition-Tables

3. SNA's School Nutrition Operations Report: The State of School Nutrition 2016