



Breakfast = Achievement



A hungry stomach can lead to an empty mind. Breakfast helps students be their best. Studies conclude that good nutrition leads to improved classroom performance, higher test scores and better behavior. It can be a challenge to get students to the cafeteria before school, consider making breakfast part of the school day with these alternative breakfast programs that work.

Breakfast in the Classroom

Many schools that have implemented Breakfast in the Classroom deliver pre-packaged food items to the class before the bell rings. Students eat at their desks in 10 to 12 minutes during attendance and announcements or while teachers read aloud.

Grab 'n' Go Breakfast

Serving carts located in easily accessible locations such as the cafeteria or near the school entrance provide a quick and nutritious meal for students. With disposable packaging and strategically-placed trashcans, Grab 'n' Go breakfasts are a practical and appealing way to reach hungry kids in a hurry.

Breakfast After 1st Period

Served in the cafeteria or from carts or tables at a central location in the school, Breakfast After 1st Period is ideal for secondary students.

Big benefits

Alternative breakfast programs...

- offer time-deprived parents a solution
- provide students with a social setting for eating with friends
- accommodate bus schedules
- make breakfast convenient and accessible to all as part of the school day

Research confirms that breakfast eaters...

- have higher test scores, work faster, make fewer errors and are more creative
- are less likely to be sent to the principal or visit the school nurse
- are more cooperative and get along with classmates
- are healthier and have improved attendance
- are more able to concentrate on learning

Breakfast...A Wellness Policy Solution

Students need breakfast every day, not just during standardized test weeks

INCREASES attentiveness and achievement

IMPROVES children's ability to learn

REDUCES behavioral problems

IMPROVES children's diets

HELPS reduce obesity

School Nutrition Association Expanding Breakfast Training Manual and Kit

Designed to assist schools to start an alternative breakfast program, this manual helps identify options, provides guidance on financial evaluation and more. Video included.

emporium.schoolnutrition.org
800-728-0728



Ready, set...

Talk to other districts that have successful programs

Gain commitment from administrators, food service staff, teachers and parents

- current teacher participants report the benefits of having children settled and ready to learn, far outweigh the additional effort

Conduct a pilot test to generate support and first-hand proof

Plan for trash

- deliver a trash bag with the breakfast. Arrange for quick hallway collection by custodial staff

go!

Focus on the benefits rather than the obstacles

- think about what's best for students

Anticipate some resistance to change

Witness fewer nurse visits for headaches and stomachaches

Listen!

Comments about Breakfast:

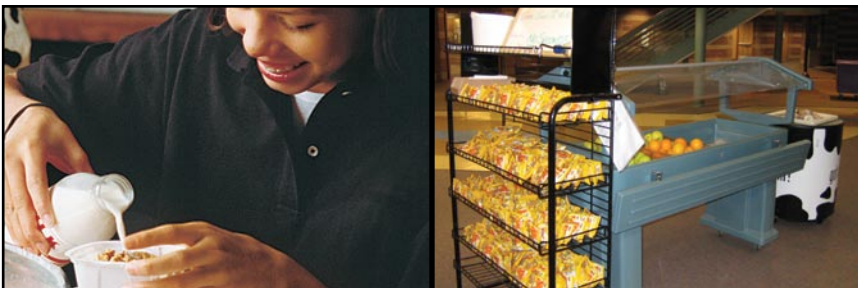
“As a Blue Ribbon Award winning school, we have closed the achievement gap for our students. Breakfast in the Classroom is one tool that has helped our Title 1 School improve PAWS math scores to 92% ‘proficient’ or ‘advanced.’”

— Janet Materi
Principal
Laramie County SD #1

“With Breakfast in the Classroom, participation amounts to nearly the entire student body. Despite fears about spillage and waste, teachers find it isn’t a problem. Removing trash immediately after breakfast alleviated fears about food odors. We’re pleased that more kids are eating breakfast.”

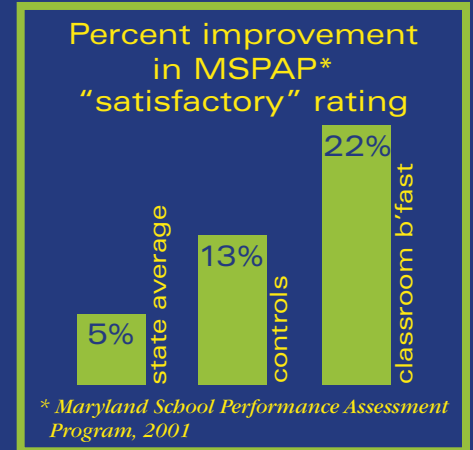
— Sue Harter
School Nutrition Director
Campbell County SD#1

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Breakfast Programs Boost Brain Power

Maryland Meals for Achievement breakfast program offers classroom breakfast to all students. The program found tardiness declined 8 percent, suspensions decreased 1.6 days per month, standardized test scores increased 17 percent over the state average and behavior improved.



marylandpublicschools.org/MSDE/programs/schoolnutrition/meals_achieve.htm

By offering a nutritious breakfast to all students at little or no charge in more than 300 elementary schools, Minnesota’s Fast Break to Learning school breakfast program helped prepare more than 40,000 children for a full morning of learning. The results from this breakfast program further support the link between making school breakfast available, students’ readiness to learn and academic achievement. For more info, fns.state.mn.us/FNSProg/PDF/AllProg/Resources/FastBreakToLearn01_02.pdf

RESOURCES:

- frac.org
- fns.usda.gov/cnd/breakfast/toolkit
- nutritionexplorations.org

Healthy eating and activity can improve

test scores
academic success
attendance
energy levels
participation
school behavior