



SCHOOL BREAKFAST: WHAT PRINCIPALS NEED TO KNOW

Breakfast plays an important role in a productive learning environment. Over the past several years, new research has shown a link between breakfast, learning and nutrition. But, many students come to school without eating breakfast. Most schools have breakfast available to students but because of school bus schedules, students arriving at school with no time to eat, or a preference to be with friends instead of heading to the cafeteria, many students do not eat at school. Programs like classroom breakfast, grab and go breakfast or second chance breakfast can significantly increase the number of students that eat breakfast.

Eating Breakfast at School Leads to Better Student Performance *

- ✓ Students perform better academically
- ✓ Students are more attentive
- ✓ Students have improved math grades
- ✓ Students perform better on standardized tests, especially math and vocabulary
- ✓ Improves students' behavior
- ✓ Decreases tardiness which can bring in extra revenue to schools
- ✓ Fewer disciplinary referrals
- ✓ Fewer trips to the nurses office

Eating Breakfast at School Leads to Better Student Nutrition *

- ✓ Students get more of the important nutrients like Calcium, Iron, Potassium, Folic Acid, Fiber and Protein
- ✓ Students have less risk of being overweight
- ✓ Students have lower Body Mass Indices (BMI), an indicator of obesity risk



Classroom breakfast need not create extra work for custodians or teachers nor will it take away valuable teaching time:

- ✓ The school nutrition staff will handle all food preparation and logistics
- ✓ Teachers only need to complete an accountability roster to report which students eat breakfast
- ✓ Students will eat breakfast during morning announcements
- ✓ Breakfast will take as little as 10 minutes
- ✓ The classroom will be supplied with cleaning supplies and trash bags and trash will be collected promptly – students can help collect trash
- ✓ Trash bags will be placed outside the classrooms for easy pick up by custodians.
- ✓ Many teachers that participate in classroom breakfast programs report that students are calm, focused, ready to learn and helps them get the school day off to a great start

Contact your school nutrition director if you have questions or concerns about the program.

*Source: Food Research and Action Center: Breakfast for Learning. Available at <http://frac.org>

