



# 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](http://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:**

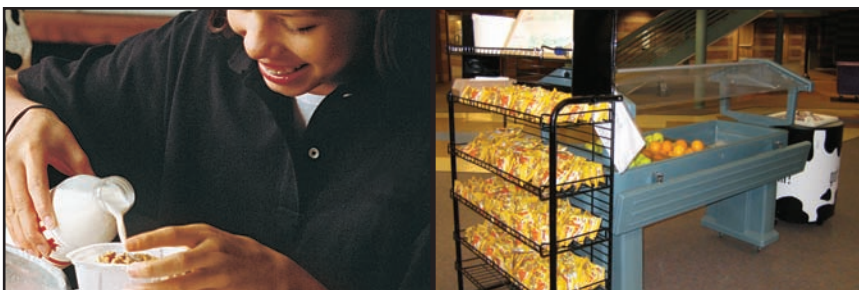
"We struggled for some time on how to ensure our students were prepared for the rigors of the classroom each day. Breakfast in the classroom opened the doors for us to provide nutrition to all our students. It's quick, it's easy, and it's healthy for kids. The proof is in the results, a Top Ten School!"

— Brian Shindorf  
Assistant Director of Elementary Education  
St. Joseph School District

"We were able to track better attendance, decreased tardiness and higher standardized test scores in a site where we implemented breakfast in the classroom!"

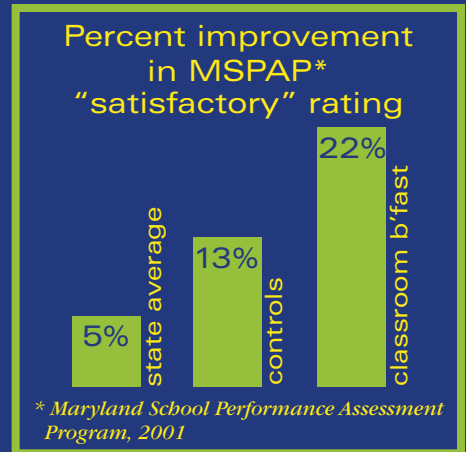
— Leab Schmidt, SNS  
Director of Nutrition Services  
Hickman Mills C-1 Schools

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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](http://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](http://fns.state.mn.us/FNSProg/PDF/AllProg/Resources/FastBreakToLearn01_02.pdf)

RESOURCES:

- [frac.org](http://frac.org)
- [fns.usda.gov/cnd/breakfast/toolkit](http://fns.usda.gov/cnd/breakfast/toolkit)
- [nutritionexplorations.org](http://nutritionexplorations.org)

Healthy eating  
and activity can improve

test scores  
academic success  
attendance  
energy levels  
participation  
school behavior

P.O. Box 309  
Columbia, MO 65205  
[healthykidsmo.org](http://healthykidsmo.org)