



# Breakfast in the Classroom: An investment today for our kids' future

We support the benefits of the school breakfast program, especially Breakfast in the Classroom, because:

## 1. BETTER PARTICIPATION

Significant increases in the levels of participation

## 2. BETTER NUTRITION

Optimal nutrition provided via the breakfast meal that might otherwise have been skipped<sup>1</sup>

## 3. BETTER BMI

Works as an effective tool to fight childhood obesity<sup>2</sup>

## 4. BETTER ATTENDANCE

Reduces incidence of tardiness,<sup>3</sup> nurse visits<sup>3</sup> and absenteeism<sup>3</sup>



## 5. BETTER BEHAVIOR

Increased student attentiveness and improvements in student behavior<sup>3</sup>

## 6. BUILDING SOCIAL SKILLS

Students enjoy the experience of eating breakfast at their desks with their peers

## 7. PARENTS' PEACE OF MIND

Breakfast in the Classroom offers an inexpensive nutritious breakfast to all students, resulting in a decreased demand financially and time-wise on parents

## 8. EASY EXECUTION

For teachers and school administrators alike

<sup>1</sup> United States Department of Agriculture Food and Nutrition Service: School Breakfast Program. <http://www.fns.usda.gov/cnd/breakfast/>. Accessed 9/17/10.z

<sup>2</sup> Gleason et al. School Breakfast Program but Not School Lunch Program Participation Is Associated with Lower Body Mass Index. J Am Diet Assoc. 2009;109:5118-28.

<sup>3</sup> Hunger Solutions New York. Academics & Breakfast Connection Pilot: Final Report on New York's Classroom Breakfast Project.

<http://hungersolutionsny.org/documents/FinalABCupdated.pdf> <<http://hungersolutionsny.org/documents/FinalABCupdated.pdf>>. Accessed 1/3/2012.

