

## **BREAKFAST FACTS**

### **Fresh Start Stats**

- Breakfast is critical to childhood learning and health, yet many children start the school day hungry.
- In 2014, 15.3 million children – more than 1 in 5 of all children in the U.S. – lived in households that struggled with hunger.
- A little over half of the low-income children who are eligible for a free or reduced-price breakfast through the federal School Breakfast Program are eating it.
- Lack of awareness about the School Breakfast Program, lack of time to eat breakfast, late bus schedules, and stigma associated with the program are some of the reasons students don't eat school breakfast when it is served in the cafeteria.

### **School Breakfast Provides Key Ingredients for Peak Student Performance**

- Eating breakfast at school improves academic performance, health, and behavior.
  - Children who eat breakfast at school perform better on standardized tests than those who skip breakfast or eat breakfast at home.
  - Providing breakfast to students at school improves their concentration, alertness, comprehension, memory, and learning.
  - Participating in school breakfast also is associated with improved math grades, attendance, and behavior.

### **Creating an Appetite for Breakfast in the Classroom**

- Breakfast in the classroom takes the traditional school breakfast approach and improves it by moving it into the classroom. Breakfast is available to every child, regardless of a family's income level, making it possible for all children to participate. Breakfast in the classroom is proven to dramatically increase participation in the School Breakfast Program.

*Do you want to increase breakfast participation in your school by implementing a breakfast in the classroom program? The Partners for Breakfast in the Classroom have grant funds available to help schools in Idaho, Louisiana, Mississippi, Missouri, Nebraska, North Carolina, Ohio, Oklahoma, Texas, and Utah.*

For more information, visit [www.breakfastintheclassroom.org](http://www.breakfastintheclassroom.org).