

BREAKFAST FACTS

Fresh Start Stats

- Breakfast is critical to childhood learning and health, yet many children start the school day hungry.
- In 2013, 15.8 million children – more than 1 in 5 of all children in the U.S. – lived in households that struggled with hunger.ⁱ
- 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.ⁱⁱ
- 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.ⁱⁱⁱ

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.^{iv} Providing breakfast to students at school improves their concentration, alertness, comprehension, memory, and learning.^{v,vi,vii} Participating in school breakfast also is associated with improved math grades, attendance and punctuality.^{viii,ix}
- Students who participate in school breakfast show improved attendance, behavior, and standardized achievement test scores as well as decreased tardiness.^x

Creating an Appetite for Breakfast in the Classroom

- *Breakfast in the Classroom* takes the traditional school breakfast approach and improves it by moving it to the classroom. Breakfast is available to every child, no matter the family's income level, making it possible for all children to participate.
- Funded by the Walmart Foundation, *Partners for Breakfast in the Classroom* provides technical assistance and support to school districts to implement the program.

- *Partners for Breakfast in the Classroom*, a consortium of national education and nutrition organizations, includes the Food Research and Action Center (FRAC), the National Association of Elementary School Principals (NAESP) Foundation, NEA Healthy Futures, and the School Nutrition Foundation (SNF).
- Since 2010, the Partners have helped 15 high-need school districts across the U.S. implement the *Breakfast in the Classroom* program resulting in more than 37,000 students starting their day with a healthy breakfast.
- Starting in 2014, the Partners have been working to help schools in seven selected states implement *Breakfast in the Classroom*. The seven states include Virginia, Pennsylvania, Alabama, Arizona, Georgia, Indiana, and Kansas.

For more information, visit www.breakfastintheclassroom.org.

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ⁱ U.S. Department of Agriculture

ⁱⁱ *School Breakfast Scorecard: 2013-2014 School Year*, Food Research and Action Center, 2015.

ⁱⁱⁱ Lambert LG, Carr DH. "Focus Group Discussions with Elementary School Foodservice Directors, Teachers, and Parents Regarding the School Breakfast Program." Food Service Marketing Institute, University of Mississippi, University, MS, 2005.

^{iv} Vaisman N, Voet H, Akivis A, Vakil E. "Effects of Breakfast Timing on the Cognitive Functions of Elementary School Students." *Archives of Pediatric and Adolescent Medicine* 1996 150:1089-1092.

^v Grantham-McGregor S, Chang S, Walker S. "Evaluation of School Feeding Programs: Some Jamaican Examples." *American Journal of Clinical Nutrition* 1998; 67(4) 785S-789S.

^{vi} Brown JL, Beardslee WH, Prothrow-Stith D. "Impact of School Breakfast on Children's Health and Learning." Sodexo Foundation. November 2008.

^{vii} Morris CT, Courtney A, Bryant CA, McDermott RJ. "Grab 'N' Go Breakfast at School: Observation from a Pilot Program." *Journal of Nutrition Education and Behavior* 2010 42(3): 208-209.

^{viii} Murphy JM, Pagano M, Nachmani J, Sperling P, Kane S, Kleinman R. "The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and longitudinal observations in an inner-city sample." *Archives of Pediatric and Adolescent Medicine* 1998; 152:899-907.

^{ix} Powell CA, Walker SP, Chang SM, Grantham-McGregor SM. "Nutrition and education: a randomized trial of the effects of breakfast in rural primary school children." *American Journal of Clinical Nutrition* 1998;68:873-9.

^x Murphy JM. "Breakfast and Learning: An Updated Review." *Journal of Current Nutrition and Food Science* 2007; 3(1): 3-36.