

WHITESVILLE CENTRAL SCHOOL

EAT BREAKFAST AT SCHOOL

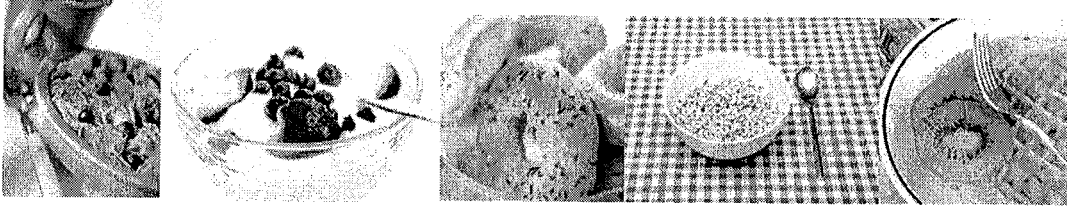
Mornings can be really crazy...the alarm doesn't go off...the kids don't want to get up...there's no time to eat breakfast before the bus comes...or they're just not ready to eat. Or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

Breakfast is served at school! School breakfast will energize your child's day and provide them with a healthy start. A nutritious breakfast helps students be more alert so they can learn more in class, and has plenty of vitamins and nutrients for a strong and healthy body.

Breakfast at school is affordable, too. If you qualify for free and reduced price meals, you also qualify for the breakfast program, with no additional paperwork. You can't find a healthy breakfast at such a low cost anywhere else.

So help your child start the day right with school breakfast!

Benefits of Breakfast



- ❖ Eating breakfast can help improve math, reading, and standardized test scores.^{i ii iii}
- ❖ Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.^{iv v}
- ❖ Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.^{vi vii}
- ❖ Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.^{viii}
- ❖ By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.^{ix x}
- ❖ Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.^{xi xii xiii}
- ❖ Eating breakfast as a child is important for establishing healthy habits for later in life.
- ❖ Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.^{xiv xv}
- ❖ What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.^{xvi}
- ❖ School Breakfast provides daily servings of fruit, whole grains, and milk, plus roughly $\frac{1}{4}$ the recommended calories needed for lasting energy.^{xvii}

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- ^{xii} American Dietetic Association. Childhood Overweight Evidence Analysis Project: updated 2006. Available at: www.adaevidencelibrary.com/topic.cfm?cat=1046.
- ^{xiii} Dubois L, Girard M, Potvin Kent M, Farmer A, Tatone-Tokuda F Breakfast skipping is associated with differences in meal patterns, macronutrient intakes and overweight among pre-school children *Public Health Nutr.* 2008 Mar 18:1-10
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- ^{xvii} Section 9(f)(2)(B)(ii), Richard B Russell National School Lunch Act.

