

## Are students eating breakfast?

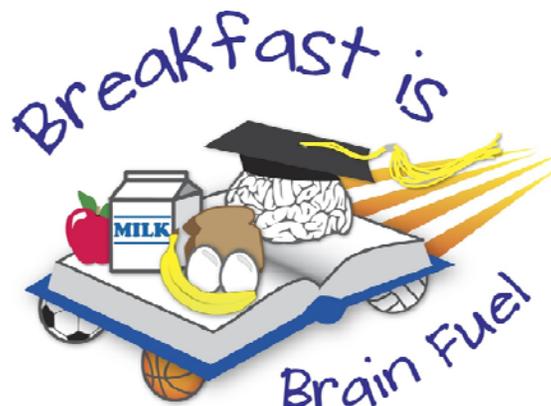
Despite all of the evidence about the benefits of breakfast, few students eat breakfast each morning. These students miss out on nutrients needed for health and academic success.

## What can school principals, teachers and staff do?

- Be an advocate for school breakfast.
- Make sure students and families know about school breakfast.
- Encourage students to eat breakfast.
- Talk to students and families about the benefits of breakfast.
- Allow students time to eat breakfast.
- Establish school practices and the class schedule to support school breakfast.
- Teach and role model healthy eating.

## What can families do?

- Make sure your child eats a healthy breakfast every day.
- Make arrangements for your child to eat school breakfast.
- Review the school breakfast menu with your child. Talk about healthy options.
- Eat school breakfast with your child.
- Promote and support school breakfast.
- Teach and role model healthy eating.



## For More Information

To ask questions about school breakfast, contact the:

- Child Nutrition manager at your school
- Child Nutrition director for your school system

To find school breakfast resources and information, visit:

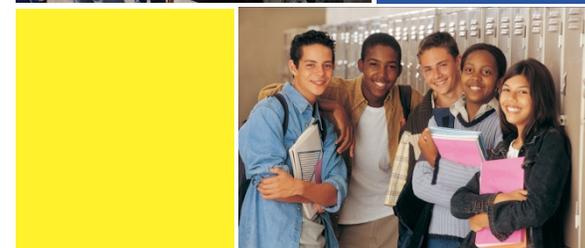
[www.nutritionnc.com/resourcesforschools](http://www.nutritionnc.com/resourcesforschools)

<http://childnutrition.ncpublicschools.gov>



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## Try School Breakfast



Breakfast is Brain Fuel

## Is breakfast really important?

We have all heard that breakfast is the most important meal of the day. Is it really true?

Breakfast...

- Strengthens your brain
- Helps you build good eating habits
- Lets you try new foods
- Helps you to be in a good mood
- Keeps you healthy
- Gives you energy

## Does eating breakfast help students?

Studies show students who eat breakfast...

- Have improved attendance and less tardiness
- Are able to pay attention longer
- Have better behavior in the classroom
- Perform better on tests
- Make fewer trips to the school nurse
- Have a better overall diet
- Are more likely to be at a healthy weight



## What's for school breakfast?

Most North Carolina schools serve breakfast every school day including a choice of...

- Entrée
- Fruit or 100% fruit juice
- Low fat or fat free milk

School breakfast is a healthy, convenient choice for students and families.



## Is school breakfast healthy?

School breakfast...

- Meets the Dietary Guidelines for Americans
- Is low in fat, sugar and sodium
- Provides key nutrients that students need for growth and development
- Is an excellent source of protein, vitamins A and C, iron, and calcium
- Offers a variety of whole grains, fruit and low fat or fat free milk
- Serves portions that are appropriate for children

## Can all students eat school breakfast?

The national School Breakfast Program is a federally funded program available to all schools. All children can participate. Some students do qualify for free or reduced price meals, and others may pay a small fee.

## How do schools serve breakfast?

Schools can explore a variety of ways to serve school breakfast allowing more students the opportunity to eat a regular morning meal.

<b>Traditional</b>	Breakfast is served in the cafeteria at the same time for all students
<b>Grab n' Go</b>	Handheld breakfast items are served
<b>Satellite or Breakfast Kiosk</b>	Breakfast is served in a high traffic area away from the cafeteria such as a school entrance or hallway
<b>Breakfast Break</b>	Breakfast is served after first period or at a scheduled time later in the morning
<b>Second Chance Breakfast</b>	Breakfast is served after first period or at a scheduled time later in the morning for students who miss breakfast before school
<b>Breakfast in the Classroom</b>	Breakfast is delivered to the classroom; students eat before school or during announcements, roll call or morning work
<b>Breakfast on the Bus</b>	Breakfast is served and eaten on the bus on the way to school
<b>Universal</b>	Breakfast is offered at no charge to all students regardless of income