



Breakfast is Brain Fuel

Child Nutrition Walking the Walk

Why breakfast?

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

"I eat breakfast, because I'm more focused, and I can concentrate."

- Logan Riddle, 6th Grade Student,
Rosman Middle School

"I get better grades on my tests."

- Sonia Noorani, 1st Grade Student,
Montlieu Elementary School

Studies show that students who eat breakfast at school, closer to academic instruction and testing time, perform better on standardized tests than those who skip breakfast or eat breakfast at home.

Meals served as part of the School Breakfast Program provide one-fourth or more of the daily recommended levels for key nutrients that children need for growth and development.

Learning to make healthy food choices contributes to student success. School breakfast can make a difference in the lives of students.

What can Child Nutrition staff do?

- Be an advocate for school breakfast – students who eat breakfast do better in school.
- Make sure school staff, students and families know about school breakfast.
- Talk to teachers, other school staff and families about the benefits of school breakfast.
- Encourage students to eat breakfast every day.
- Prepare and serve quality school meals that are tasty and appealing.
- Offer taste tests of new school menu items.
- Teach and role model healthy eating, including eating a healthy breakfast every day.
- Get students involved with school breakfast through a Nutrition Advisory Council.
- Promote school meals and healthy eating through bulletin boards, displays or other creative ideas. Celebrate National School Breakfast Week.

"I think that anyone who works in public education loves children. And we want to see our children succeed, and the 4,000 children in this county are my children. And I have a vested interest in their success and in their health."

- Carolyn Barton, Child Nutrition Director,
Transylvania County Schools

