

Breakfast is Brain Fuel



Principals 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 principals do?

- Be an advocate for school breakfast – students who eat breakfast do better in school.
- Let your students, school staff, parents, and community know that you value and support school breakfast.
- Make sure school staff, students and families know about school breakfast.
- Talk to students and families about the benefits of breakfast.
- Encourage students to eat breakfast every day.
- Establish school practices and the classroom schedule to support school breakfast.
- Allow students to eat breakfast in the classroom.
- Eat school breakfast, spend time with the students and encourage staff to eat school breakfast with students.
- Teach and role model healthy eating, including eating a healthy breakfast every day.
- If you have questions about school breakfast, talk with your Child Nutrition director.

"One of the key components of being successful is making sure that you equip your students to be successful, and starting the day with a breakfast and something in their stomach, gets their brains working, it helps them to focus, they're not worrying about being hungry and we think it adds to our success."

- Jeff McDaris, Superintendent, Transylvania County Schools

