



Breakfast is Brain Fuel

Families 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

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 families do?

- Make sure that your child eats a healthy breakfast every day. If your child does not have time to eat breakfast at home, encourage him or her to eat school breakfast.
- Make arrangements for your child to eat school breakfast.
- Review the school breakfast menu with your child and discuss healthy options.
- Eat school breakfast with your child.
- Teach and role model healthy eating, including eating a healthy breakfast every day.
- Promote and support school breakfast. Students who eat breakfast do better in school.
- If you have questions about school breakfast, talk with the Child Nutrition director for your school system.

"I think school breakfast has a lot of benefits. It allows children, like my son, to be able to come to school and get a well balanced breakfast, and I don't have to worry about him being hungry until lunch. They get a full, balanced breakfast every day which makes learning so much easier. I think the value of school breakfast should speak for itself."

- Christy Mackey, Parent, Pisgah Forest
Elementary School

