



Washington
Action for Healthy Kids®



parents, did you know...

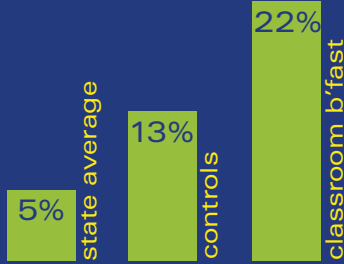
Breakfast = Achievement

A hungry stomach can lead to an empty mind. Breakfast helps students be their best. Studies conclude that good nutrition leads to improved classroom performance, higher test scores and better behavior. It can be a challenge to get students to the cafeteria before school, consider making breakfast part of the school day with these alternative breakfast programs that work.

Breakfast Programs Boost Brain Power

Maryland Meals for Achievement breakfast program offers classroom breakfast to all students. The program found tardiness declined 8 percent, suspensions decreased 1.6 days per month, standardized test scores increased 17 percent over the state average and behavior improved.

Percent improvement in MSPAP* "satisfactory" rating



* Maryland School Performance Assessment Program, 2001

marylandpublicschools.org/MSDE/programs/schoolnutrition/meals_achieve.htm

By offering a nutritious breakfast to all students at little or no charge in more than 300 elementary schools, Minnesota's Fast Break to Learning school breakfast program helped prepare more than 40,000 children for a full morning of learning. The results from this breakfast program further support the link between making school breakfast available, students' readiness to learn and academic achievement.

For more info, fns.state.mn.us/FNSProg/PDFAllProg/Resources/FastBreakToLearn01_02.pdf

RESOURCES:

- frac.org
- fns.usda.gov/cnd/breakfast/toolkit
- nutritionexplorations.org

Big benefits

Alternative breakfast programs...

- offer time-deprived parents a solution
- provide students with a social setting for eating with friends
- accommodate bus schedules
- make breakfast convenient and accessible to all as part of the school day

Research confirms that breakfast eaters...

- have higher test scores, work faster, make fewer errors and are more creative
- are less likely to be sent to the principal or visit the school nurse
- are more cooperative and get along with classmates
- are healthier and have improved attendance
- are more able to concentrate on learning

Only 13 percent of students participate in the National School Breakfast Program in Washington.

Breakfast...A Wellness Policy Solution

INCREASES attentiveness and achievement

IMPROVES children's ability to learn

REDUCES behavioral problems

IMPROVES children's diets

HELPS reduce obesity



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