

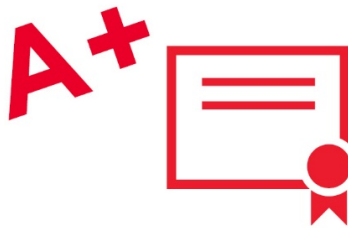
# Give Your Child A Healthy Advantage

Students Who Eat Breakfast at School Have:



## Better Focus, Attention, and Retention

Providing breakfast to students at school improves their concentration, alertness, comprehension, memory, and learning.<sup>1</sup>



## Improved Performance on Tests

Children who eat breakfast at school—**closer to class and test-taking time**—perform better on standardized tests than those who skip breakfast or eat breakfast at home.<sup>2</sup>



## Fewer Disciplinary Problems

Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores, as well as decreased tardiness.<sup>3</sup>



## A Healthier Start to their Day

Compared to children who do not eat breakfast or eat breakfast at home, children who eat school breakfast:

- Are less likely to be overweight
- Eat more fruits
- Drink more milk
- Have improved nutrition
- Consume a wider variety of foods<sup>4</sup>

<sup>1</sup> Grantham-McGregor S, Chang S, Walker S. "Evaluation of School Feeding Programs: Some Jamaican Examples." American Journal of Clinical Nutrition 1998; 67(4): 785S-789S. Brown JL, Beardslee WH, Prothrow-Stith D. "Impact of School Breakfast on Children's Health and Learning." Sodexo Foundation. November 2008 Morris CT, Courtney A, Bryant CA, McDermott RJ. "Grab 'N' Go Breakfast at School: Observation from a Pilot Program." Journal of Nutrition Education and Behavior 2010 42(3): 208-209.

<sup>2</sup> Vaisman N, Voet H, Akivis A, Vakili E. (1996) "Effects of Breakfast Timing on the Cognitive Functions of Elementary School Students." Archives of Pediatric and Adolescent Medicine, 150:1089-1092.

<sup>3</sup> Murphy JM. (2007) "Breakfast and Learning: An Updated Review." Journal of Current Nutrition and Food Science, 3(1): 3-36. Basch, CE. (2011) "Breakfast and the Achievement Gap Among Urban Minority Youth." Journal of School Health, 81 (10):635-640.

<sup>4</sup> <http://frac.org/federal-foodnutrition-programs/school-breakfast-program/>

Start getting breakfast at school today!  
See what's available today at [www.yoursite.com](http://www.yoursite.com)

