

SCHOOL BREAKFAST

FUN FACTS

- Fruits & veggies must be offered AND served
- Grains are whole grain rich
- Milk is nonfat or 1%
- Limited saturated and no *trans* fats allowed
- School nutrition programs have an exceptional food safety record!

Students connect
with teachers &
each other over
breakfast!

STUDENTS

- Come to school more often
- Are ready to learn
- Retain more of WHAT they learn
- Behave better
- Get higher math scores
- Do better in reading
- Maintain a healthy weight

hearty
wholesome
delicious
nutritious
convenient

BENEFITS

- Improves academic outcomes
- Combats child hunger
- Reduces stress and anxiety
- Enhances social emotional learning

Kid's who eat school breakfast:

- Attend 1.5 days more/year
- Have 17.5% higher scores on standardized math tests

FAMILIES

- Save time in the morning
- Save food dollars
- Improve their child's overall daily nutrient intake
- Reduce their child's risk for chronic diseases

Click for More School Breakfast Resources!

Healthier Generation's Smart Food Planner

No Kid Hungry's Center for Best Practices

SCHOOL BREAKFAST PROVIDES

Fruits & veggies full of fiber for heart health and filling up. As well as vitamins and minerals like potassium for blood pressure; vitamin C for growth and repair; and folate for forming red blood cells to move around oxygen.

Whole grains full of more fiber and folate. As well as other B vitamins for metabolism; magnesium for bone building and getting energy from muscles; and selenium for protecting cells.

Protein that is vital for all of the body's functions and tissues!

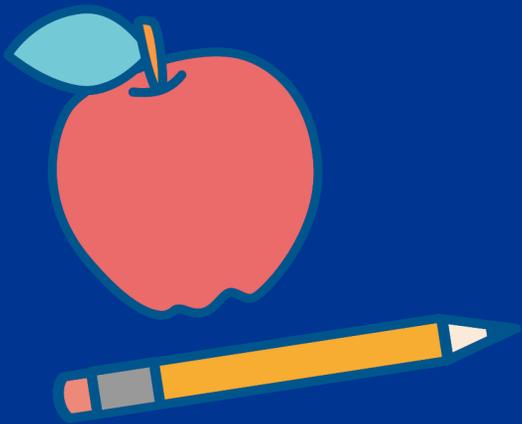
Low fat and nonfat dairy full of calcium and vitamin D for strong bones.

minerals

fiber

vitamins

protein



ALLIANCE FOR A
HEALTHIER
GENERATION

 **NO KID
HUNGRY**