



Breakfast at School

Breakfast in Ohio Schools:

Because healthy kids learn better.

We support the benefits of the school breakfast program because:

BREAKFAST IMPACTS LEARNING

- **Improves Behavior and Attention**
Improves behavior¹, classroom participation, and attentiveness, while decreasing anxiety
- **Improves Attendance**
Improves attendance¹ while reducing school nurse visits², tardiness¹, absenteeism^{1,2}, and suspensions¹
- **Improves Participation**
Boosts student attentiveness and performance on demanding mental tasks¹
- **Improves Grades**
Improves math and reading scores^{1,2}, do better on standardized tests², are faster on cognitive tests², and have broader vocabularies²
- **Improves Concentration**
Decreases the distracting symptoms of hunger¹



BREAKFAST IMPACTS HEALTH

- **Better Nutritional Intake**
More likely to meet or exceed standards for important vitamins and minerals that might otherwise have been skipped³
- **Better BMI**
Associated with lower body mass index (BMI) and lower probability of being overweight or obese⁴

1. Children's Hunger Alliance. www.childrenshungeralliance.com. Accessed 8/28/2012.
 2. Breakfast in the Classroom. <http://www.breakfastinthe classroom.org>. Accessed 8/28/2012.
 3. United States Department of Agriculture Food and Nutrition Service: School Breakfast Program. <http://www.fns.usda.gov/cnd/breakfast>. Accessed 8/28/2012.
 4. USDA Nutrition Evidence Library. http://www.nel.gov/evidence.cfm?evidence_summary_id=250279. Accessed 8/28/2012.



Despite the benefits of breakfast, it is the most commonly skipped meal of the day for children and adolescents! Learn more...