

HUNGER

Breakfast in the Classroom: An investment today for our kids' future.

We support the benefits of the school breakfast program, especially Breakfast in the Classroom, because:

1. BETTER PARTICIPATION

Significant increases in the levels of participation⁴

2. BETTER NUTRITION

Optimal nutrition provided via the breakfast meal that might otherwise have been skipped¹

3. BETTER BMI

Works as an effective tool to fight childhood obesity²

4. BETTER BEHAVIOR AND ATTENTION

Reduces incidence of tardiness,^{3,4} nurse visits³ and absenteeism³

5. BUILDING SOCIAL SKILLS

Increased student attentiveness and improvements in student behavior³

6. BETTER PARTICIPATION

Students enjoy the experience of eating breakfast at their desks with their peers⁴

7. PARENTS' PEACE OF MIND

Breakfast in the Classroom offers an inexpensive nutritious breakfast to all students, resulting in a decreased demand financially and time-wise on parents⁴

8. EASY EXECUTION

For teachers and school administrators alike⁴



1 United States Department of Agriculture Food and Nutrition Service: School Breakfast Program. <http://www.fns.usda.gov/cnd/breakfast/>. Assessed 9/17/10.
 2 Gleason et al. School Breakfast Program but Not School Lunch Program Participation Is Associated with Lower Body Mass Index. J Am Diet Assoc. 2009;109:S118-28.
 3 The Nutrition Consortium of New York State. Academics & Breakfast Connection Pilot: Final Report on New York's Classroom Breakfast Project. <http://www.hungernys.org/programs/documents/ABCfinal.pdf>. Assessed 9/16/10.
 4 The New York City Department of Education: SchoolFood. <http://www.opt-osfns.org/osfns/>. Assessed 9/17/10.

