

# EAT A HEALTHY BREAKFAST AT SCHOOL!

## GRAB & GO AVAILABLE



### Benefits of Breakfast

- Eating breakfast can help improve math, reading, and standardized test scores.
- Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.
- Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.
- By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.
- Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.
- Eating breakfast as a child is important for establishing healthy habits for later in life.
- Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.
- What you eat for breakfast can have an impact on learning.
- School Breakfast provides daily servings of fruit, whole grains, and milk, plus roughly  $\frac{1}{4}$  the recommended calories needed for lasting energy.



**Energize Your Day!**  
**Eat School Breakfast**

United States Department of Agriculture