

BREAKFAST IS AN IMPORTANT STEP OF EVERY DAY!

School breakfast is a great choice for busy families. It can help you, as a parent, ensure that your child starts the school day nourished and ready to learn. Show your support for school breakfast. Read and discuss the breakfast menu with your child. Accept invitations to eat breakfast at school.

The cost of school breakfast is economical compared to home, restaurant or convenience store choices. In addition, some children are eligible to get breakfast for free or for a reduced cost. Contact the foodservice department at your child's school to learn more about the school breakfast program.

If your district or school does not have a breakfast program, encourage the school board, superintendent or principal to start one.



For more information about school breakfast, contact:

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SAY YES! TO BREAKFAST AT SCHOOL!



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NUTRITION STARTS IN SCHOOL

Eating a nutritious breakfast benefits children. It prepares them for a day of learning and achievement. Breakfast at school offers busy families an easy and convenient option. It provides a nutritious start to the school day – every day!

CHILDREN WHO EAT BREAKFAST ARE READY TO LEARN

Breakfast eaters:

- Are more alert
- Are able to focus and concentrate on school work
- Are more productive



EATING BREAKFAST HELPS CHILDREN PERFORM BETTER IN SCHOOL

Breakfast eaters:

- Are more creative
- Make fewer mistakes
- Have improved math and reading scores
- Perform better on standardized tests

OFFERING BREAKFAST AT SCHOOL IMPROVES STUDENT BEHAVIOR

Children who eat breakfast at school:

- Have fewer absences
- Are less likely to be late for school
- Show improved behavior

EATING SCHOOL BREAKFAST IMPROVES CHILDREN'S HEALTH AND NUTRITION

Children who eat breakfast at school:

- Are less likely to go to the nurse's office for headaches, stomachaches and fatigue
- Are less likely to be overweight
- Drink more milk and eat more fruit
- Get more of important nutrients such as calcium, dietary fiber, vitamin C and iron

Having breakfast helps children develop healthy, life-long eating habits. Whether it's served in the cafeteria or the classroom, school breakfast offers a nutritious meal that provides one-fourth of a child's daily needs for key nutrients.

Encourage your child to eat breakfast at school.

It's nutritious.

It's delicious.

It's a smart start to the school day.



Information for this brochure came from the Food Research and Action Center (<http://frac.org>) and the United States Department of Agriculture, Food and Nutrition Service (<http://www.fns.usda.gov/child-nutrition-programs>).