

## BREAKFAST



Dear Parents,

We need your help to make sure all of our students are fully prepared for academic success. We all know that hungry children have a more difficult time doing their best work. That's why we encourage all students to energize their school day with a nutritious breakfast.

The School Breakfast Program is available to all students every weekday morning. You do not have to register your child in advance. Your child can eat breakfast at school every day or only occasionally. School breakfast makes good sense – every day, students are offered meals that include servings of fruit, whole grain-rich items, and low fat or fat free milk. These breakfasts are well balanced and follow standards backed by the best nutritional science available. Participation in the program also affords children a chance to enjoy a morning meal with their friends.

School Breakfast is an ideal solution on busy mornings when kids are running late or parents have to be at work early. Whatever the reason, if breakfast at home is not convenient, please have your child take advantage of breakfast here at school so that they may enjoy the numerous benefits of starting their day with a healthy meal. Eating breakfast as a child is important for establishing healthy habits for later in life.

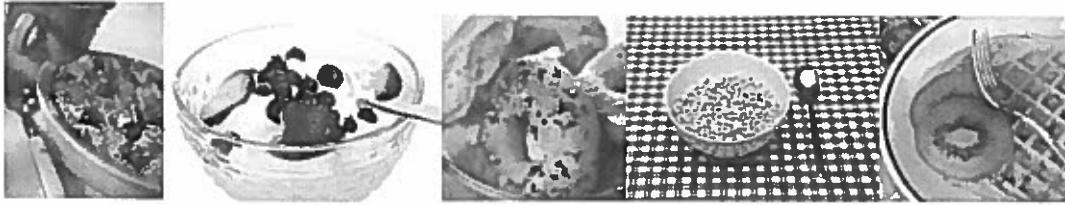
Breakfast at school is affordable, too. If your child qualifies for free and reduced price lunches, he or she also qualify for free or reduced price breakfast as well, with no additional paperwork. You can't find a healthy breakfast at such a low cost anywhere else.

When children eat a healthy, balanced diet, studies have shown that they enjoy the benefits of improved attentiveness and cognition, and have and more energy to perform their best. Studies have shown that eating breakfast can help improve math, reading, and standardized test scores. Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not. Breakfast also helps children pay attention, perform problem-solving tasks, and improves memory.

We want to help your child eat healthy meals at school. Thank you for helping us to make sure that all of our students start the school day alert, well fed, and ready to learn.



# Benefits of Breakfast



- ❖ Eating breakfast can help improve math, reading, and standardized test scores.<sup>i ii iii</sup>
- ❖ Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.<sup>iv v</sup>
- ❖ Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.<sup>vi vii</sup>
- ❖ Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.<sup>viii</sup>
- ❖ By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.<sup>ix x</sup>
- ❖ Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.<sup>xi xii xiii</sup>
- ❖ 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.<sup>xiv xv</sup>
- ❖ What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.<sup>xvi</sup>
- ❖ School Breakfast provides daily servings of fruit, whole grains, and milk, plus roughly  $\frac{1}{4}$  the recommended calories needed for lasting energy.<sup>xvii</sup>

- <sup>i</sup> Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J, Metz JD Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents *J Am Diet Assoc.* 2005 May;105(5):743-60
- <sup>ii</sup> Murphy JM, Pagano M, Nachmani J, Sperling P, Kane S, Kleinman R. "The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and longitudinal observations in an inner-city sample." *Archives of Pediatric and Adolescent Medicine* 1998; 152:899-907.
- <sup>iii</sup> Alaimo K, Olson CM, Frongillo EA Jr. "Food Insufficiency and American School-Aged Children's Cognitive, Academic and Psychosocial Development." *Pediatrics* 2001; 108(1):44-53.
- <sup>iv</sup> Benton D, Maconie A, Williams C The influence of the glycaemic load of breakfast on the behaviour of children in school. *Physiol Behav.* 2007 Nov 23;92(4):717-24. Epub 2007 May 31
- <sup>v</sup> Alaimo K, Olson CM, Frongillo EA Jr. "Food Insufficiency and American School-Aged Children's Cognitive, Academic and Psychosocial Development." *Pediatrics* 2001; 108(1):44-53.
- <sup>vi</sup> Wesnes KA, Pincock C, Richardson D, Helm G, Hails S. "Breakfast reduces declines in attention and memory over the morning in schoolchildren." *Appetite* 2003;41(3):329-31.
- <sup>vii</sup> Dye L, Blundell JE. Functional foods: psychological and behavioral functions. *Br J Nutr* 2002;88 (Suppl 2):S187- 211.
- <sup>viii</sup> Murphy JM. "Academics & Breakfast Connection Pilot: Final Report on New York's Classroom Breakfast Project." Nutrition Consortium of NY State. Albany, NY. July 2005
- <sup>ix</sup> Affenito SG, Thompson DR, Barton BA, Franko DL, Daniels SR, Obarzanek E, Schreiber GB, Striegel-Moore. "Breakfast Consumption by African-American and White Adolescent Girls Correlates Positively with Calcium and Fiber Intake and Negatively with Body Mass Index." *Journal of the American Dietetic Association* 2005; 105:938-945.
- <sup>x</sup> Wilson NC, Parnell WR, Wohlers M, Shirley P. "Eating breakfast and its impact on children's daily diet." *Nutrition & Dietetics* 2006; 63:15-20.
- <sup>xi</sup> Breakfast Eating and Weight Change in a 5-Year Prospective Analysis of Adolescents: Project EAT (Eating Among Teens) Maureen T. Timlin, Mark A. Pereira, Mary Story, and Dianne Neumark-Sztainer *Pediatrics* 2008; 121: e638-e645
- <sup>xii</sup> American Dietetic Association. Childhood Overweight Evidence Analysis Project: updated 2006. Available at: [www.adaevidencelibrary.com/topic.cfm?cat=1046](http://www.adaevidencelibrary.com/topic.cfm?cat=1046).
- <sup>xiii</sup> Dubois L, Girard M, Potvin Kent M, Farmer A, Tatone-Tokuda F Breakfast skipping is associated with differences in meal patterns, macronutrient intakes and overweight among pre-school children *Public Health Nutr.* 2008 Mar 18:1-10
- <sup>xiv</sup> Murphy JM, Pagano ME, Patton K, Hall S, Marinaccio J, Kleinman R. "The Boston Public Schools Universal Breakfast Program; Final Evaluation Report." Massachusetts General Hospital, Boston, MA, 2000.
- <sup>xv</sup> Murphy JM et. al. "Maryland Meals for Achievement Year III Final Report." Massachusetts General Hospital, Boston, MA, 2001.
- <sup>xvi</sup> Caroline R. Mahoney, Holly A. Taylor, Robin B. Kanarek, Priscilla Samuel. Effect of breakfast composition on cognitive processes in elementary school children. *Physiology and Behavior* 85 (2005) 635-645
- <sup>xvii</sup> Section 9(f)(2)(B)(ii), Richard B Russell National School Lunch Act.

