



Q&A

School Breakfast Program Parent Fact Sheet

Why is breakfast important?

Children who eat breakfast start the day with food in their

stomach so they are not distracted by hunger. They also behave and perform better in school.

Breakfast provides nutrients like calcium and fiber that many children lack. Eating breakfast improves health and helps to prevent children from getting sick.

Many teens skip breakfast because they are concerned about gaining weight, but teens who eat breakfast are less likely to be overweight. Experts recommend eating breakfast to help prevent and treat obesity.

Q *Why should children eat breakfast at school?*

- Many children skip breakfast at home because they are rushed or not hungry before they leave for school.
- Eating breakfast at school saves time during the busy morning and allows children to eat later, when they are hungrier.
- A later breakfast at school may prevent children from becoming hungry mid-morning.
- School breakfast encourages children to get to school on time.
- School staff report improved attendance, attention and behavior when breakfast is served at school.
- Children do better on tests when breakfast is served at school, closer to test time.

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