

Fast Facts About School Breakfast

Why Should Kids Eat School Breakfast?

- Students who eat breakfast at the start of the day show a general increase in math and reading scores. They also have fewer discipline problems and visit school nurses' offices less often (Minnesota Department of Children, Families, and Learning, 1998).
- Children who eat breakfast at school - closer to class and test-taking time - perform better on standardized tests than those who skip breakfast or eat breakfast at home (Archives of Pediatric and Adolescent Medicine, 1998).
- Students who ate school breakfast showed significant increases in math grades, decreases in student absences, decreases in student tardiness, and decreases in psychosocial problems (Massachusetts General Hospital and Harvard Medical School, 1998).
- Breakfast consumption has shown to make a significant contribution to a child's average daily nutrient intake. In one study, the average total energy intake was significantly lower for children who either skipped breakfast or who consumed breakfast at home, than for children who ate at school (Journal of American Dietetic Association, 1993).

What Do We Know About Universal Breakfast Programming in MPS?

(Source: Hunger Task Force research – 2006-07 school year)

- 94% of principals interviewed said MPS should provide free breakfast to all students
- 70% of school staff surveyed say universal breakfast has a positive impact on students' learning, learning readiness, and health
- 55% of school staff surveyed say universal breakfast has a positive impact on students' attendance, tardiness, and behavior
- 70% of school staff surveyed say it is important for universal breakfast to continue at their schools and be expanded to other schools in MPS
- 71% of school staff surveyed are satisfied with serving breakfast in the classroom

What are the other benefits of kids participating in school breakfast?

- Increased revenue for school district
- Free and reduced-price meal applications are used as criteria for Title I grant funding for schools
- Free and reduced-price meal applications also used as criteria for Federal Communication Commission's E-Rate program that provides discounts for telecommunications, Internet access, and network equipment for schools
- Free and reduced-price eligibility also automatically qualifies students for waivers or discounts on students fees, sport and recreation fees, SAT and A.P. exam fees, and college application fees