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COUNTY CHARTER SCHOOL SYSTEM

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Getting More Students to Begin their Day with Breakfast

“Wake Up to School Breakfast” Encourages Putnam County Charter Schools’ Families to Choose Breakfast at School

Eatonton, Georgia –March 7-11, 2016 – National School Breakfast Week! Busy weekday mornings make it a challenge for families to find time for a healthy breakfast. However, US Department of Agriculture [data](#) show that more students are starting their day with a nutritious breakfast in their school cafeterias. . To encourage more families to take advantage of the healthy choices available with school breakfast, Putnam County Charter Schools will recognize National School Breakfast Week (NSBW) during March 7-11, 2016.

The NSBW campaign theme, “Wake Up to School Breakfast”, reminds the entire school community that school breakfast provides a healthy, energizing start to the day for students. Students will be encouraged to “Wake Up” their minds and bodies during March 7-11 with special menus, decorations, cafeteria events, and more. *“One new program being launched at our high school on Thursday is the War Eagle ‘do-it-yourself’ Waffle Program whereby children will be offered to participate in the production of their own healthy waffles”*, said Putnam County School Nutrition Director, Abdul K. Lindsay. *“Also, we will be serving a hearty **breakfast for lunch**, taste testing and promoting breakfast at the Primary School on Wednesday, March 09, 2016 during National School Breakfast Week and at other local school nutrition programs.”*

“A healthy breakfast at the start of the day is one way to ensure students are getting the best education they can,” said Putnam County School Nutrition Director, Abdul K. Lindsay. “National School Breakfast Week helps us educate parents and students about all the healthy and appealing choices we offer including our new **‘do-it-yourself’ waffles**”. The district serves over 1,451 breakfast meals daily through the federally funded School Breakfast Program. Every school breakfast served meets federal and state of Georgia nutrition standards limiting fat, calories, and sodium.

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children and to promote the links between eating a good breakfast, academic achievement and healthy lifestyles. The **“Wake Up to School Breakfast”** campaign is made possible by the nonprofit School Nutrition Association and Kellogg’s Specialty Channels. Parents and students can follow the fun on [Facebook.com/TrayTalk](https://www.facebook.com/TrayTalk). For more information about local school meals and our nutrition services, please visit us at the following website: www.putnamnutritionprogram.com.

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