

Breakfast in the Classroom

Breakfast is critical to childhood learning and health, yet many students start the school day hungry. In 2009, 17.2 million children (more than one in four of all children) lived in households that struggled with hunger.

(U. S. Department of Agriculture)

The Need:

Currently, most of our schools in Putnam County serve 20-50% of their student body with the traditional breakfast meal. Once the breakfast in the classroom program is implemented we are able to serve +85% of the students a breakfast meal.

The Many Benefits:

- **Students who eat breakfast perform better on standardized test than those who skip breakfast or eat at home.** (Vaisman N, Voet H, Akivis A, Vakil E. *"Effects of Breakfast Timing and the Cognitive Functions of Elementary School Students."* Archives of Pediatric and Adolescent Medicine 1996 150:1089-1092.
- **Providing breakfast show improves their concentration, alertness, comprehension, memory and learning.** (Brown JL, Beardslee WH, Prothrow-Sisth D. *"Impact of School Breakfast on Children's Health and Learning."* Sodexo Foundation. November 2008;"Grab N Go Breakfast at School : Observation from a Pilot Program." *Journal of Nutrition Education and Behavior* 2010 42(3):208-209;
- **Students who participate in school breakfast show improved attendance, behavior--fewer disciplinary office referrals, decreased visits to the school nurse and increase in standardized achievement test scores as well as decreased tardiness.** (Murphy JM, Pagano M, Nachmani J, Serling P, Kane S, Kleinman R. *"The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and longitudinal observations in a inner-city sample."* Archives of Pediatric and Adolescent Medicine 1998: 152:899-907:Murphy JM, Drake JE, Weineke KM. *"Academics & Breakfast Connection Pilot: Final Report on New York's Classroom Breakfast Project."* Nutrition Consortium of New York State. Albany. New York. July 2005)
- **Survey completed by the Food and Research Action Center**
276 Principals from 15 school districts surveyed that operate Breakfast in the Classroom programs.
Findings:
 - 87% said they would encourage others to participate in the program
 - 85% increase in breakfast participation
 - 61% fewer reports of student hunger
 - 40% report fewer students being tardy
 - 37% report increase in student attentiveness
 - 34% improved school and 35% improved classroom environment
- **Teachers receive free breakfast daily too!**
- **Student Rosters include any special instructions or food allergies for the teacher to be aware of and make the necessary substitutions.**