**CLAY COUNTY SCHOOL NUTRITION DEPARTMENT**

**BENEFITS OF BREAKFAST**



Breakfast Facts to Enhance Your Day

* Eating Breakfast can help improve math, reading, and standardized test scores
* Breakfast helps children pay attention, perform problem-solving tasks, and improves memory
* School breakfast provides daily servings of fruit, whole grains, and milk, plus roughly ¼ the recommended calories needed or lasting energy.
* Schools that provide breakfast in the classroom to all students have shown decreased in tardiness and suspensions as well as improved student behavior and attentiveness.
* What you eat for breakfast can have an impact on learning. Studies show that eating breakfast, food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.
* Eating breakfast as a child is important for establishing healthy habits for later in life.

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