

The School Breakfast Program:

A Smart Investment for Student Success

Too many children start their school day on an empty stomach. Whether they miss this vital meal simply due to a hectic morning schedule, or because there is not enough to eat at home, skipping breakfast comes at a high price for all students – research shows this habit negatively impacts academic performance.

Investing in school breakfast makes sense (and cents!). By contributing to improved student achievement and wellness, the federal School Breakfast Program (SBP) offers a worthy return on investment.

Research demonstrates that school breakfast consumption:

- ✓ Boosts students' academic performance, grades and test scores
- ✓ Increases concentration, alertness, comprehension and memory
- ✓ Improves classroom behavior
- ✓ Reduces absenteeism and tardiness

School breakfast participation is also linked to:

- ✓ A lower body mass index (BMI)
- ✓ Lower probability of being overweight or obese
- ✓ Improved diet quality

Federal nutrition standards ensure school breakfast offers nutritious choices including fruits, vegetables, whole grains, lean protein and low fat milk while meeting limits on calories, unhealthy fat and sodium.

SBP serves 14.7 million students each school day in approximately 90,000 public and private schools nationwide.



This institution is an equal opportunity provider.

Learn more at
schoolnutrition.org

**Feeding Bodies.
Fueling Minds.™**



Key Sources:

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