

10 Reasons to Try Breakfast in the Classroom

1. No child should start the school day hungry

Studies show that children who

5. Breakfast in the classroom requires minimal work...

A well planned breakfast program runs smoothly. The teacher's

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2. Not all children are able to eat at home

Whether they come from a family with a tight budget, are too busy, or simply have a poor appetite in the morning, not all children get the energy and nutrients they need to get a healthy start to the morning.

3. Your school has a breakfast program! –

Every day, meals are available to students that meet USDA guidelines. They provide $\frac{1}{4}$ of the Recommended Daily Value of protein, calcium, iron, vitamin A and vitamin C for the day, and less than 30 percent of calories from fat.

4. Breakfast in the classroom gets more students to participate

– Bus schedules, limited time, and class distance from the cafeteria are all barriers to participation in school breakfast. There is also sometimes a stigma associated with school breakfast. Having breakfast in the classroom eliminates many of these barriers and reduces stigma by enabling more students to participate in breakfast.



7. Ensuring that students eat breakfast helps create healthy habits for life –
Children who