

The Facts about School Breakfast

Use these "quotables" to encourage teachers to promote school breakfast:

The following statements are excerpted from: Statement on the Link Between Nutrition and Cognitive Development in Children (1994) by the Center on Hunger, Poverty and Nutrition Policy at Tufts University.

- "Children who attend school hungry have diminished attention spans and are unable to perform tasks as well as their nourished peers. In these cases, the full value of the education provided is lost."
- "Nutritionally deprived children are unable to benefit fully from schooling which, in turn, diminishes their potential as adults."
- "The benefits [of the School Breakfast Program] include higher performance on standardized tests, better school attendance, lowered incidence of anemia, and reduced need for costly special education."

The following are quoted from: Hunger in Children in the United States: Potential Behavioral and Emotional Correlates (1998) by Ronald Kleinman, et. al.

- "Children from families that report multiple experiences of food insufficiency and hunger are more likely to show behavioral, emotional, and academic problems..."
- "Chronic under-nutrition is associated with increased anxiety, attention deficits, increased prevalence of school absence and tardiness..."
- "Problems such as fighting, stealing, and anxiety are more common in hungry... school-age children in our sample 5 to 10 years before they seem in society as increased rates of violence, underachievement, and substance abuse."

**Massachusetts
Department of Education**

