

Q : How can your students get better MCAS scores?

A:: School Breakfast

Q Why do your schools need School Breakfast?

Students who ate School Breakfast often had math grades that averaged almost a letter grade higher than students who ate School Breakfast rarely.

*Pediatrics, Vol. 101 No.1,
January 1998.*

A

School Breakfast helps your students improve their grades.

- *Pediatrics*, Vol. 101 No.1, January 1998.

- *American Journal of Diseases of Children*, Vol. 143, October 1989.

A

School Breakfast helps your students pay better attention in school.

- *Pediatrics*, Vol. 101 No.1, January 1998.

- Minnesota Department of Children, Families, & Learning, 1994.

A

School Breakfast improves your students' attendance.

- *Journal of the American Academy of Child and Adolescent Psychiatry*, Vol. 37 No. 32, 1998.

- Minnesota Department of Children, Families, & Learning, 1994.

A

School Breakfast reduces your students' discipline problems.

- *Journal of the American Academy of Child and Adolescent Psychiatry*, Vol. 37 No. 32, 1998.

- Tufts University School of Nutrition Science and Policy, 1998.



Why do your students need breakfast at school?

Children in the School Breakfast Program were shown to have significantly higher standardized achievement test scores than eligible non-participants.

Tufts University School of Nutrition Science and Policy, 1998.

A Many of your students don't eat breakfast at home.

- Busy families at every income level often don't have the time to make breakfast.
- Some kids aren't hungry until they get to school.

A Many of your students don't eat a healthy breakfast.

- Breakfast needs to be nutritious to be beneficial.
- Only 11 percent of students eat breakfasts nutritionally equal to School Breakfasts.

A Some of your students don't have enough to eat.

- In Massachusetts, one in five children under age 12 is hungry or at risk for being hungry.
- Hungry children live in *every community* in the Commonwealth.



How do you start your School Breakfast Program?

School districts have discovered that adding a breakfast program actually expands their revenue base and offsets some of the overhead costs of the lunch program. The breakfast program helps the bottom line.

Food Research and Action Center

A Cover costs with federal reimbursements.

- USDA provides reimbursements to cover your operating costs.

A Tap school resources you already have.

- Current food service staff can manage breakfast and provide supervision.
- Schools with full-service or satellite kitchens can offer breakfast.

A Take advantage of state grants.

- Massachusetts Department of Education (DOE) provides grants for School Breakfast start-up programs.

A Use the Child Nutrition Outreach Program.

- Contact DOE's Child Nutrition Outreach Program at Project Bread, a free service available to help you start your School Breakfast Program.

Students participating in the breakfast program have been shown to have significant improvements in academic performance, reduced absence and tardiness and increased attention spans in the classroom. The Department is committed to assisting you to reach the goal of serving 100 percent of all eligible children.

-David P. Driscoll
Massachusetts Commissioner of Education

For more information about starting a School Breakfast Program call the Department of Education's Child Nutrition Outreach Program at Project Bread at

617-723-5000

