



BLAST OFF with a HEALTHY SCHOOL BREAKFAST!

Did you know ...

- School breakfast makes for higher test scores. Students who eat school breakfast achieve higher scores on standardized tests.
- School breakfast can result in calmer classrooms. Children who do not regularly get enough nutritious food to eat tend to have significantly higher levels of behavioral, emotional and educational problems.
- School breakfast can mean fewer trips to the nurse. When kids come to school hungry, they visit the school nurse more often due to stomachaches and headaches. Kids who struggle with hunger are also likely to be sick more often, slower to recover from illness, hospitalized more frequently and more susceptible to obesity.
- School breakfast leads to stronger attendance and graduation rates. Students who eat school breakfast attend more school days. Students who attend class more regularly are 20 percent more likely to graduate from high school.

The above information was taken from No Kid Hungry and the Center for Best Practices

How does school breakfast help families?

- School breakfast can simplify mornings by offering kids and teens healthy options when mornings can be a rush to get dressed and out of the door. It can also provide kids and teens a meal if they simply aren't hungry before leaving for school. School breakfast can be a win-win for both parents and students.

With all the benefits associated with school breakfast, please encourage your child(ren) to join us every day for breakfast. **School breakfast will be free for the 2021-2022 school year** so there is no reason not to blast off with a healthy school breakfast each day!