

COVINGTON COUNTY SCHOOLS CHILD NUTRITION NEWSLETTER AUGUST, 2018

EAT A HEALTHY SCHOOL BREAKFAST!

FAST FACTS ABOUT BREAKFAST:



FACT: Students who eat breakfast have better attention and memory. Research indicates the quality of foods children eat impacts cognition-with poor nutrition linked with absenteeism, hunger symptoms and psychosocial problems.

FACT: Students who eat school breakfast attend, on average, 1.5 more days of school per year and score 17.5% higher on standardized math test.

FACT: Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness. Providing students with breakfast in the school setting is associated with lower tardy rates and fewer disciplinary office referrals.

FACT: The School Breakfast Program significantly improves the cognitive abilities and learning capacities of children. Low-income children who receive school breakfast do better on a variety of indicators than low-income peers who go without breakfast. Significantly, the better outcomes associated with school breakfast include educational preparedness (attendance, energy, alertness, memory) and educational outcome measurements (math scores, grades, reading ability).

**SCHOOL
breakfast**

**healthy
BREAKFAST**

**GOOD
grades.**

Make the Grade
with SCHOOL BREAKFAST

Quirky breakfast facts

- The world's first breakfast cereal was created in 1863 and needed soaking overnight to be chewable
- The world record for the most people eating breakfast in bed is 289 and was set in Sydney, Australia on 2nd March in 2012. It involved 85 queen size beds containing four people each
- The world's largest breakfast on record involved 27,854 people and took place in Germany on 29 May 2005
- The largest bowl of porridge weighs 865 kg and was achieved in Tula, Russia on 10 September 2011

DID YOU KNOW:

Breakfast literally means to break the fast after a long night's sleep. It is a crucial meal that refuels the body and the brain with energy and nutrients. Eating breakfast has been shown to improve mental alertness and physical performance.

Privacy Act Statement: This explains how we will use the information you give us. The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

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