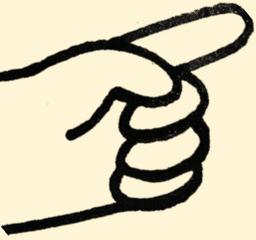
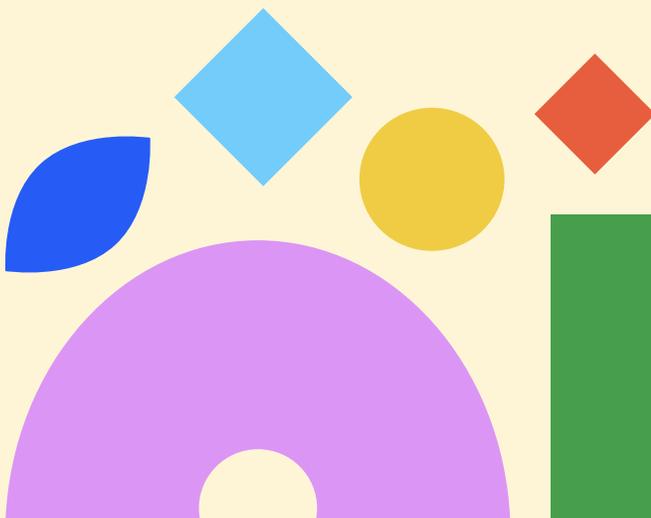


SCHOOL BREAKFAST HELPS KIDS BE THEIR BEST



When the school day begins, worrying about food should end. Serving breakfast at school is a proven way to help students do better in the classroom and protect against long term health issues. #StayFullEatAtSchool campaign is designed to help you help our kids access this important benefit.



THE BENEFITS OF SCHOOL BREAKFAST

Boosts brainpower:

Eating breakfast at school is proven to help students' comprehension, learning and focus, helping them perform better on tests and in the classroom. It also provides long-lasting energy to help students fuel their morning.

Improves classroom behavior:

Students are better able to pay attention and less likely to act out when they have a full belly. Principals confirm that they see fewer discipline problems when students eat school breakfast.

Improves attendance:

Studies show that students who eat school breakfast are absent and tardy less often.

Helps form healthy habits:

Regularly eating school breakfast helps protect against obesity and other long-term health problems.

Prevents nurse visits:

It can also stop hunger-related tummy aches and headaches, ensuring students feel better during school. Nurses report fewer hunger-related office visits when students eat school breakfast.

HELP ADD MORE KIDS TO **THE SCHOOL BREAKFAST CLUB**

Every staff member has a role to play in making school breakfast a success. Here's how you can help our students stay full by eating at school.

ALL STAFF

- Promote the breakfast program wherever you can: in the classroom, through parent communications, at meetings, during school announcements, or with posters/flyers throughout the school.
- Voice support for breakfast model changes, Breakfast After the Bell, or more time for school breakfast with administration and other staff members.
- Reduce stigma associated with school breakfast by encouraging all students to participate (and participating yourself!)

ADMINISTRATOR

- Work with other staff members to prioritize nutritious and accessible school breakfast.
- Voice support to other district leaders and your school nutrition director about implementing breakfast model changes, Breakfast After the Bell, and universal free breakfast.
- Use breakfast as a way to build social emotional learning into the morning routine by scheduling time for students to eat together, socialize, and have a nurturing start to the day.

SCHOOL NURSE

- If you see students affected by hunger in the mornings, talk with your school administration about ways to expand access to school breakfast.
- Speak with students about how eating breakfast positively impacts their health.

CUSTODIAL STAFF

- Share your expertise with teachers and school nutrition staff to create a plan for collecting breakfast waste that works for everyone.

TEACHERS

- Incorporate lessons about the importance of eating breakfast into the classroom.
- Allow and encourage students to eat breakfast in the classroom. This counts as time on learning!
- Build social emotional learning into the morning through breakfast—eating breakfast together in the classroom can be a great way to provide a nurturing and interactive start to the day.
- Give students breakfast tasks to build responsibility, such as clean up duties, or returning items to the cafeteria

SOCIAL WORKER

- Give students and families information about school breakfast and let them know how to apply for free or reduced-price meals (unless all students eat for free at your school) and SNAP benefits.
- If students and families that you work with are impacted by stigma associated with school breakfast, support efforts to expand access and create a school culture that champions school meals.
- For families experiencing food insecurity, Project Bread's FoodSource Hotline (800-645-8333) can help locate nearby resources.

NUTRITION STAFF

- Ensure all students, families, and staff know when and where breakfast is available, the benefits of eating school breakfast, and who to approach with questions about the program.
- Look into new ways to increase participation, like menu changes, new breakfast models, taste-tests, and colorful signage, and offer to pilot new ideas at your school.

PROJECT BREAD IS HERE TO HELP YOU WITH ALL THINGS SCHOOL BREAKFAST:

Contact Project Bread's Child Nutrition Outreach Team: 617-239-2543 • cnop@projectbread.org • projectbread.org/schools