

PROVEN IMPACTS OF SCHOOL BREAKFAST



Research shows why breakfast is the most important meal of the day. While it is intuitive that students need food to fuel their brains, recent research has helped quantify the true impact of school breakfast. The results corroborate what we have always known: **breakfast is the most important meal of the day.**



Skipping breakfast and experiencing hunger impair a child's ability to learn

- Hunger increases impulsivity, hyperactivity, irritability, aggression, and anxiety. ¹
- Children experiencing hunger are more likely to have behavioral problems, difficulty with pro-social behavior, and overall poorer school functioning. ²
- Skipping breakfast has been associated with weight gain and reduction in overall nutritional intake. ^{11, 12}
- Children who skip breakfast have lower intakes of whole fruits, whole grains, milk, and essential vitamins and minerals. ¹³

Eating breakfast at school helps improve children's academic performance

- Providing breakfast to students at school improves their concentration, alertness, comprehension, memory, and learning. ^{3,4,5}
- School breakfast programs can increase math standardized test scores and academic achievement in some science and English classes. ^{14,15}
- Children who eat breakfast have superior performance on attention and memory tests. ¹¹
- Breakfast positively impacts on-task behavior and class participation while reducing out of seat and hyperactive behavior. ¹⁵

School breakfast access yields positive results for health and learning

- Students who participate in school breakfast show improved attendance, behavior, and standardized achievement test scores as well as decreased tardiness. ⁶
- Children report that they believe eating breakfast increases their energy and ability to pay attention in school. ⁸

Increasing breakfast impacts attendance and nutrition

- Attendance rates are higher for schools that serve school breakfast, particularly for those that serve breakfast in the classroom. ^{15, 16}
- Increased availability of school breakfast increases student achievement by increasing their overall nutritional intake. ¹⁴

School breakfast can improve children's nutrition and protect against obesity

- Kids who eat breakfast have higher dietary fiber, carbohydrate, and whole grain intake, and lower total fat and cholesterol intake than those who do not eat breakfast. ^{13, 17}
- School breakfast participants have significantly lower intakes of cholesterol, unhealthy beverages, and total fat than those who do not participate in the school breakfast program. ^{14, 17}
- School breakfast participation is associated with a lower body mass index (BMI, an indicator of excess body fat), lower probability of being overweight, and lower probability of obesity. ^{9, 10}

School breakfast decreases the risk of food insecurity and provides nutrition to students

- Access to school breakfast programs reduces the likelihood of food insecurity by over 15% for elementary school children. ¹⁸
- Children who eat school breakfast get 20% of their daily energy intake from school breakfast program. ¹⁹
- Children who eat both school breakfast and lunch get almost half of their daily energy intake from school meals, as well as over half their fruit taken, 40% veggie intake, half their grains, and 70% of their milk intake. ¹⁹

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CONTACT US

Project Bread provides individualized support to any school or district in Massachusetts looking to start a school breakfast program, change breakfast models, or increase participation in existing program.

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