

## **School Breakfast Program**

The Jasper City Board of Education participates in the School Breakfast Program making it possible for all students in the system to receive a nutritious breakfast every school day. First established by Congress as a pilot program in 1966, the School Breakfast Program became a permanent entitlement program in 1975 and has continued to expand year after year.

### **Why the School Breakfast Program is Important**

*Many children would not otherwise eat a nutritious breakfast every morning.*

Often families are living on very tight budgets and can't afford to provide a good breakfast at home every day. Regardless of income, families today live busy lives that can make it difficult to sit down long enough in the morning to eat a nutritious breakfast. Other children may have long commutes to school or long periods between breakfast at home and school lunch, leaving them hungry at the start of the school day.

*Eating breakfast at school supports health and learning for low-income children.*

Studies conclude that students who eat school breakfast increase their math and reading scores as well as improve their speed and memory in cognitive tests. Research also shows that children who eat breakfast at school – closer to class and test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast at home.

Compared to children who do not eat breakfast or eat breakfast at home, children who eat school breakfast:

- are less likely to be overweight,
- have improved nutrition,
- eat more fruits,
- drink more milk,
- consume a wider variety of foods.

*Offering breakfast free to all students improves the learning environment for all students.*

Schools that offer breakfast free to all students in the classroom report decreases in discipline, psychological problems, visits to school nurses and tardiness; increases in student attentiveness and attendance; and generally improved learning environments.

