

# **JOIN US FOR SCHOOL BREAKFAST EVERY DAY**

## **BENEFITS OF BREAKFAST**

### **ACADEMIC BENEFITS**

- Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.
- Students who eat breakfast consistently are better suited to mentally take on the day and perform better in class and on tests.
- Consumption of breakfast improves Student physical performance during phys. Ed, student activities and sports.

### **NUTRITIONAL BENEFITS**

- Students who eat breakfast tend to have more adequate nutrient intakes than children who do not.
- Students who eat breakfast tend to have a lower body mass index (BMI).
- Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.
- Eating breakfast as a child is important for establishing healthy habits for later in life.

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