

Breakfast Encourages Students to Thrive!

Minnesota students deserve the BEST. Eating breakfast is one way to ensure that students are focused and ready to learn.

Did you know?

- Students who participate in school breakfast show improved attendance, behavior, and academic performance as well as decreased tardiness.^{1, 2}
- Student academic achievement increases, especially for math, when schools offer the School Breakfast Program.³



“Making sure our students have a strong start to their day is one of the most important things we can do for them. Eating breakfast helps students succeed in the classroom—no child should be distracted by an empty stomach when trying to learn” -Education Commissioner Brenda Cassellius

Ensuring all students have access to breakfast

It’s no wonder that School Breakfast Programs in Minnesota have expanded greatly in recent years. Eighty eight percent of Minnesota schools that offer school lunch also offer school breakfast.

Still, some students are not eating breakfast at home, school, or elsewhere. Let’s ensure the School Breakfast Program that is accessible to ALL students. Currently, the program is underutilized. On an average day, schools serve 39% fewer breakfast meals than lunch meals.

Students who qualify for free or reduced price school lunch also qualify for the breakfast program. Additionally, every kindergarten student in Minnesota is eligible to eat school breakfast free of charge.

Spread the word that Breakfast Encourages Students to Thrive!

Learn about starting or expanding the School Breakfast Program at your school with the [Be Your BEST Resources](https://education.mn.gov/MDE/dse/FNS/Team/br/index.htm) (https://education.mn.gov/MDE/dse/FNS/Team/br/index.htm) – including parent handouts, social media examples, menu ideas and more.

¹Murphy, J. M. (2007). Breakfast and learning: an updated review. *Journal of Current Nutrition and Food Science*, 1, 3-36.

²Basch, C. E. (2011). Breakfast and the achievement gap among urban minority youth. *Journal of School Health*, 81(10), 635-640.

³Frisvold, D. E. (2015). Nutrition and cognitive achievement: an evaluation of the School Breakfast Program. *Journal of Public Economics*, 124, 91-104.