

READY, SET, BREAKFAST, GO!

A School Breakfast Toolkit



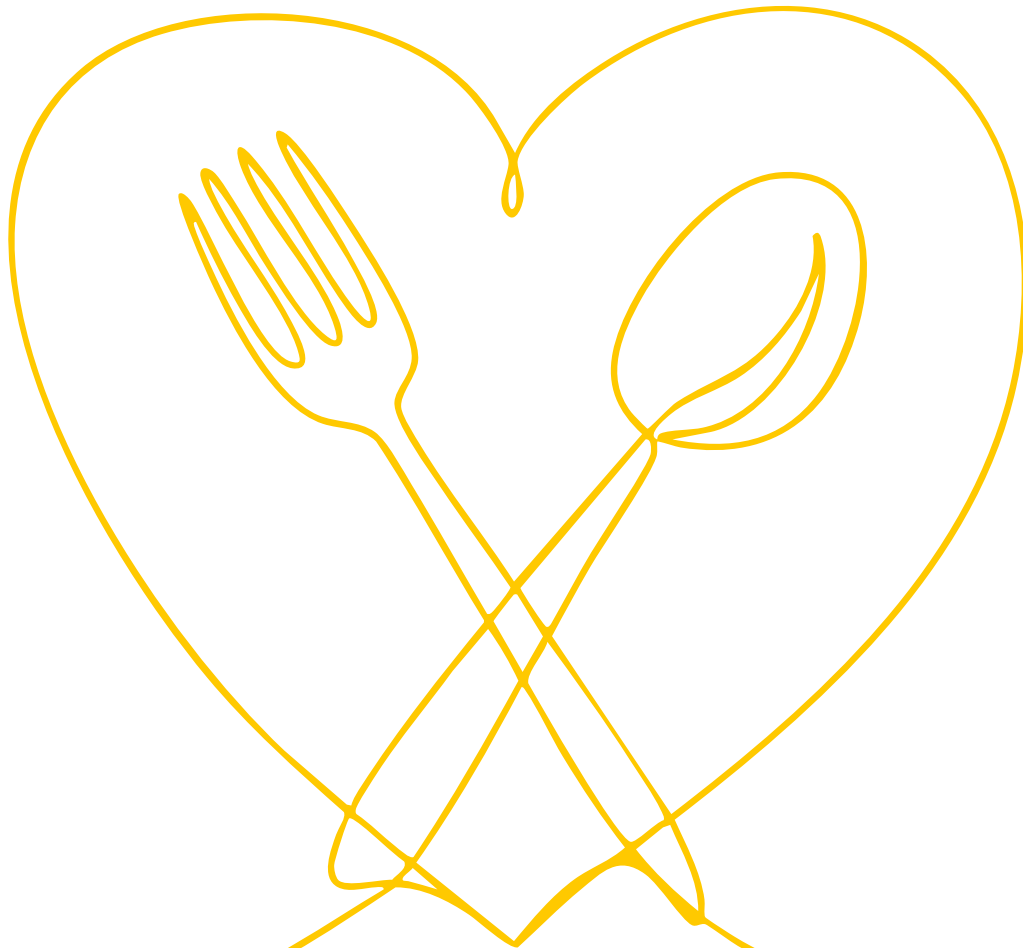
Kentucky Department of
EDUCATION



WHO WE ARE

School & Community Nutrition

The Kentucky Department of Education's Division of School and Community Nutrition administers several programs that deliver quality nutrition and nutrition education to Kentucky students and other citizens. These programs include the National School Lunch and School Breakfast Programs among others. In addition to the important mission of providing fuel for growth and learning, these programs bring into Kentucky more than \$350 million annually in federal reimbursement funds, employ several thousands of our fellow citizens and utilize thousands of dollars' worth of commodities produced by American farmers. For far too many our children, the meals that they receive through these programs are the only meals they consume that are planned with their nutritional needs in mind.



CHILDHOOD HUNGER IN KENTUCKY

Hunger is a reality for over 700,000 Kentuckians, including one in five children. They live in every single county in the Bluegrass state.

Food insecurity has a long-term impact on health, education and Kentucky's economy. Studies show that children living in food insecure homes are at a

greater risk for poor health, nutritional deficiencies and obesity, as well as developmental delays and poor academic achievement. As youth spend much of their day in school, schools have the opportunity to play a critical role in alleviating these possible risks.

This is a problem with a solution. Programs like school breakfast are designed to close the gap between kids who have enough to eat and those who do not.

The School Breakfast Program helps children get a healthy start to their day. A significant body of research demonstrates students who receive school breakfast become better learners and are more willing to participate in the classroom.



1 IN 5 CHILDREN FACE HUNGER

Hunger in Kentucky by the Numbers

710,000

Number of people in Kentucky who struggle with hunger.

208,330

Number of children in Kentucky who struggle with hunger.

*From [Feeding America](#)