

# GET THE FACTS ABOUT SCHOOL BREAKFAST



## Close the School Breakfast Gap with Innovative Solutions

It's a known fact that students who eat breakfast perform better in school, yet only half of the students who eat school lunch also start their day with a healthy school breakfast due to well-known barriers:<sup>1</sup>

- Transportation
- Schedules
- Peer Pressure
- Stigma<sup>1</sup>

Innovative breakfast service models, otherwise known as "Breakfast After the Bell" programs, remove these barriers and are **proven to increase student participation in school breakfast.**<sup>1</sup>

## GET THE FACTS

Students who eat breakfast have...

Better Grades, Attendance, and Behavior and are shown to achieve

**17.5%  
HIGHER  
SCORES**

on standardized math tests!<sup>1</sup>

Stronger Brain Functions



cognitive function, attention, and memory.<sup>2</sup>

Improved Reasoning Skills



for demanding mental tasks, and reaction to frustration.<sup>2</sup>

Sufficient Vitamin Intake



including Vitamin C, vitamin A, calcium, phosphorous.<sup>2</sup>

## SHARE THE FACTS

1

**Share this infographic to spread awareness** of the critical importance of school breakfast and how "Breakfast After the Bell" programs are proven to increase student participation!

2

**Go to [FuelUp.org/Grants](https://fuelup.org/grants) to learn more** about applying for school nutrition equipment to support innovative school meals programs in your school.

<sup>1</sup> <https://www.networkforphl.org/wp-content/uploads/2020/01/Issue-Brief-Summary-of-State-Laws-Addressing-the-School-Breakfast-Gap-5-23-19.pdf>

<sup>2</sup> FRAC Research Brief: Breakfast for learning: breakfastforlearning-1.pdf (frac.org)