

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:¹

- Transportation
- Schedules
- Peer Pressure
- Stigma¹

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.**¹

GET THE FACTS

Students who eat breakfast have...

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

**17.5%
HIGHER
SCORES**

on standardized tests!¹

Stronger Brain Functions



cognitive function, attention, and memory.²

Improved Reasoning Skills



for demanding mental tasks, and reaction to frustration.²

Sufficient Vitamin Intake



including Vitamin C, vitamin A, calcium, phosphorous.²

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/Funding to learn more about applying for school nutrition equipment to support innovative school meals programs in your school.

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

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