

# Breakfast = Achievement



Dear School Nutrition Professional:

The following fact sheet is designed to help you communicate the many benefits of an Expanding Breakfast program to teachers and how the program will affect them.

It is general in nature since there is essential information specific to your operation that you will need to include. Please do not use it as a stand-alone piece, rather provide it as part of a presentation, at a teachers meeting, for example, or distribute it with a cover letter that includes other details, such as:

- How eating school breakfast has a positive impact on children's health and academic performance
- The date for a presentation
- Specifics on what type of Expanding Breakfast program you are implementing
- Brief description of the role teachers will play
- How increasing breakfast participation fits into the district's wellness goals
- When the program will begin
- Examples of menu items

Also, you might prefer to use this sheet as a guide for ideas and thought starters for designing your own communications piece for teachers.

Remember, Breakfast Equals Achievement!

(This cover letter corresponds to the Teacher Fact Sheet, which is coded TEA in the bottom right corner)

# A Proven Way to Improve Student Learning, Performance and Health

Want your students to be more alert, focused and ready to tackle the academic challenges of the school day? It's hard not to answer yes. There is a well-documented method of foodservice that can support you and your students in achieving what you want – it is Expanding Breakfast outside the cafeteria.



Feeling resistant? We've done our homework and were expecting that. Everything we've read said there would be resistance—at first. However, staff at schools where Expanding Breakfast has been implemented, confirm the "benefit curve" is fast. Almost as soon as the program starts, some advantages are immediate and that resistance disappears. Here are a few reasons why.

## Expanding Breakfast Receives High Grades\*

- Improves classroom performance and yields better test scores and grades
- Increases children's ability to focus and concentrate on school work
- Decreases disciplinary problems, tardiness and visits to the nurse
- Increases attendance rates



## An Important Part of an Overall Healthy School Environment

- School breakfast offers a wide variety of healthy foods, meeting USDA requirements and supplies 1/4 of the Recommended Daily Allowances children need.
- Students look forward to a nutritious meal to start the day off right – they're healthier, happier, better behaved, and more productive throughout the day.

## Teacher Frequently Asked Questions

- **What about lost instructional time?** Teachers report they have actually gained instructional time due to fewer nurse visits and less tardiness and absenteeism. Also, it allows children the time to quietly socialize, settle down and get organized for the day.
- **How messy is breakfast outside the cafeteria?** It's not messy. We've taken the necessary steps to provide easy-to-serve, -eat, and -cleanup, nutritious breakfast foods to minimize labor and mess.
- **How much extra work is involved?** We won't lie to you – a little more work. It's probably much less than you think. And, current teacher participants, even the skeptical ones, have found it well worth the effort and want their programs to continue.



We're sure you have some questions and suggestions of your own—just contact us.

**Get on the Expanding Breakfast Band Wagon Today!  
Encourage Your Students to Eat Breakfast.**

\*Based on the Maryland Meals for Achievement Year III Final Report 10/01 and the Minnesota Dept. of Children, Families & Learning Studies. For the studies go to [www.NutritionExplorations.org](http://www.NutritionExplorations.org) and click on the Educators Section.