

Successful school days start with a healthy breakfast.



Children who have a healthy breakfast do better in school. They have better attendance, behavior, and academic performance. While healthy breakfast is available in most Kansas schools, many eligible kids miss out. When kids are hungry, they have a hard time focusing in class and learning. Breakfast in the Classroom is a good solution.

Although breakfast is served in most Kansas schools, it's not easy for kids to participate. Most schools serve breakfast in the cafeteria before the start of the school day. Bus schedules, limited time, and classroom distance from the cafeteria are all barriers to participation in school breakfast. There is also sometimes a stigma associated with school breakfast.

According to the Food Research and Action Center, in the 2013–14 school year, out of each 100 low-income students that get lunch each day in Kansas schools, less than half (about 47) also get breakfast. Nationally, Kansas ranks 33rd for proportion of low-income students who eat school lunch who also get school breakfast.

Solution: Breakfast in the Classroom

Breakfast in the Classroom takes the traditional school breakfast approach and improves it by moving it to the classroom. Breakfast is available to every child, no matter the family's income level, making it possible for all children to participate.

- Children eat together in the classroom at the start of the school day after the morning bell.
- Students eat breakfast while the teacher takes attendance, collects homework, or teaches a short lesson plan so that no instructional time is lost.

Having breakfast in the classroom eliminates many of the barriers to traditional breakfast delivery and reduces stigma by enabling more students to participate.

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to low-income youth.

Through Partners for Breakfast in the Classroom, grant funds are available to high-need school districts to cover some up-front costs associated with implementing an alternative breakfast model. Learn more at : www.breakfastintheclassroom.org.

State partners include: the Kansas State Department of Education, the Kansas National Education Association, Kansas Action for Children, and the Kansas School Nutrition Association.

Benefits of Breakfast

- » Helps kids concentrate, think, behave & learn.
- » Improves children's classroom performance, including better test scores and grades.
- » Increases children's ability to focus and concentrate on school work.
- » Decreases behavior problems, tardiness and visits to the school nurse.
- » Increases attendance rates.

Learn more: www.BreakfastInTheClassroom.org

