

# The School Breakfast Program: *A Smart Investment for Student Success*

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Too many children start their school day on an empty stomach. Whether they miss this vital meal simply due to a hectic morning schedule, or because there is not enough to eat at home, skipping breakfast comes at a high price for all students – research shows this habit negatively impacts academic performance.

Investing in school breakfast makes sense (and cents!). By contributing to improved student achievement and wellness, the federal School Breakfast Program (SBP) offers a worthy return on investment.

## **Research demonstrates that school breakfast consumption:**

- ✓ Boosts students' academic performance, grades and test scores
- ✓ Increases concentration, alertness, comprehension and memory
- ✓ Improves classroom behavior
- ✓ Reduces absenteeism and tardiness

## **School breakfast participation is also linked to:**

- ✓ A lower body mass index (BMI)
- ✓ Lower probability of being overweight or obese
- ✓ Improved diet quality



Federal nutrition standards ensure school breakfast offers nutritious choices including fruits, vegetables, whole grains, lean protein and low fat milk while meeting limits on calories, unhealthy fat and sodium.

*SBP serves 14.7 million students each school day in approximately 90,000 public and private schools nationwide.*



Learn more at  
[schoolnutrition.org](http://schoolnutrition.org)

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## Key Sources:

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