

Free Breakfast for Student Success

The School Breakfast program is a critical, proven way to reduce hunger and improve wellness among school-age children in our Nation's Capital, where one in seven households faces a constant struggle against hunger. Along with fighting hunger, school breakfast is important because it:



- **Helps families stretch their food budget**
- **Improves children's diets**
- **Improves academic performance**
- **Can help reduce obesity**
- **Reduces behavioral problems**

The Healthy Schools Act includes important provisions that expand access to school meals in D.C. Public Schools, public charter schools, and participating private schools in order to ensure that all children have access to the benefits of breakfast

D.C. Hunger Solutions applauds all of your efforts to implement the nutrition and anti-hunger provisions of the Act. In order to spread the word about The National School Breakfast Program in D.C. we ask that you continue to make families aware of school breakfast and encourage students to take advantage of this important resource. We also ask that you continue to advocate for breakfast in the classroom setting, which is the most effective way to ensure students are fed and ready to learn.

Ways to Promote the Free Breakfast program:

- Promote breakfast frequently in emails, in school newsletters, and on social media outlets such as Facebook and Twitter
- Encourage students to participate by providing information about the breakfast program and effective strategies to encourage students to participate (e.g. modeling good eating behaviors, scheduling activities around breakfast in the classroom);
- Use student breakfast helpers to serve Breakfast in the Classroom
- Contact D.C. Hunger Solutions to receive promotional and support materials



Sample Newsletter Insert

Dear Families,

School Breakfast is an extremely valuable service available at no cost to all children attending D.C. Public Schools. You've heard the phrase, "Breakfast is the most important meal of the day." Well, it's true.

Breakfast helps children learn. Students who eat breakfast have improved learning and attendance, and reduced behavior problems and tardiness. Children who eat breakfast at school – closer to test-taking time – also perform better on standardized tests than those who skip breakfast or eat breakfast at home.

Breakfast promotes good health. Eating breakfast at school results in fewer visits to the school nurse, improves children's diets, and helps build healthy habits. Additionally, children who start the day with breakfast are less likely to be overweight.

Remember – students can eat free breakfast after the bell. Don't let your child miss another day. School Breakfast, That's What's Up!

Sample Morning Announcements

- Free Breakfast! Don't forget that you can get free breakfast to start your day off right.
- Finding it hard to concentrate? Eat breakfast! It helps you focus on school work and do better on tests. Make sure you get your breakfast after the bell!
- Make it a habit. Eat breakfast every morning. Breakfast is available to you in your classroom! You don't want to miss out!



D.C. Hunger Solutions

Ending hunger in the nation's capital