

# 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? What teacher wouldn't? There is a well-documented method food-service can support you and your students in this effort – it is by 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 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.nutritionexploration.org](http://www.nutritionexploration.org) and click on the Educators Section.