

Impact of Breakfast

SCHOOL BREAKFAST CHANGES LIVES

School breakfast can have a potentially dramatic effect on students. On average, students who eat school breakfast have been shown to:



ACHIEVE

17.5% HIGHER SCORES
ON STANDARDIZED MATH TESTS



ATTEND

1.5 MORE DAYS
OF SCHOOL PER YEAR

These impacts have potential long-term economic benefits as well:



STUDENTS WHO ATTEND
CLASS MORE REGULARLY ARE
20% MORE LIKELY
TO GRADUATE
FROM HIGH SCHOOL



HIGH SCHOOL GRADUATES
TYPICALLY EARN
\$10,090 MORE
PER YEAR AND ENJOY A
4% HIGHER EMPLOYMENT RATE

Traditionally, schools have served students breakfast before school starts in the cafeteria. To encourage students' participation, schools have begun to provide alternative breakfast models.

These breakfast models include Grab & Go to the Classroom or to a Common Area, Breakfast in the Classroom, Breakfast as a Class, and Second Chance Breakfast. This change can significantly increase breakfast participation rates by increasing convenience for students and combatting the stigma associated with school breakfast participation.

*From on the Ending Childhood Hunger: A Social Impact Analysis from No Kid Hungry.