



Breakfast at School

Benefits of Breakfast in Ohio Schools:

Because healthy kids learn better.

BREAKFAST POSITIVELY IMPACTS LEARNING

Behavior and Attention

{ Improves behavior¹², cognitive function, attention and memory⁹

Daily Attendance

{ Boosts student attendance while reducing school nurse visits, tardiness, absenteeism and suspensions^{3,4,8}

Participation

{ Increases attentiveness² and performance on demanding mental tasks¹⁰

Grades

{ Improves math, reading, writing and standardized test scores¹

Concentration

{ Decreases the distracting symptoms of hunger⁴

BREAKFAST POSITIVELY IMPACTS LEARNING

Nutritional Intake

{ More likely to meet or exceed standards for important vitamins and minerals that might otherwise have been skipped⁵

BMI

{ Associated with lower body mass index (BMI) and lower probability of being overweight or obese⁷

Physical health

{ Reduces school nurse visits, and students complain less of fatigue, aches and pains²

- Peterson K, Davison M, Wahlstrom K, et al. Fast Break to Learning School Breakfast Program: A Report of the Fourth-Year Results, 2002-03. 2004. <http://www.cehd.umn.edu/oea/PDF/2002-03BreakfastStudy.pdf>.
- Murphy JM, Kopits IM, Hicks RC, Marinaccio J, Kleinman R. Effects of a universally free, in classroom breakfast program; Results from the First Year of the Maryland Meals for Achievement Evaluation. Baltimore: Maryland State Department of Education; 1999.
- Shemilt I, Harvey I, Shepstone L, et al. A national evaluation of school breakfast clubs: evidence from a cluster randomized controlled trial and an observational analysis. Child: Care Health Dev 2004; 30(5): 413-427.
- Murphy JM, Pagano ME, Patton K, Hall S, Marinaccio J, Kleinman R. The Boston Public Schools Universal Breakfast Program; Final evaluation report. Boston: Massachusetts General Hospital; 2000.
- Gleason P, Sutor C. Children's diets in the mid 1990's; Dietary intake and its relationship with school meal participation. United States Department of Agriculture, Food and Nutrition Service, Office of Analysis, Nutrition, and Evaluation 2001.
- Brown JL, Beardslee WH, Prothrow-Stith D. "Impact of School Breakfast on Children's Health and Learning." Sodexo Foundation. November 2008.
- Gleason PM, Dodd AH. "School Breakfast Program but Not School Lunch Program Participation Is Associated with Lower Body Mass Index." Journal of American Dietetic Association 2008; 109(2): s118-s128.
- Murphy JM. "Breakfast and Learning: An Updated Review." Journal of Current Nutrition and Food Science 2007; 3(1): 3-36.
- Wesnes KA, Pincock C, Richardson D, Helm G, Hails S. "Breakfast reduces declines in attention and memory over the morning in schoolchildren." Appetite 2003;41(3):329-31
- Bellisle F. "Effects of diet on behaviour and cognition in children." British Journal of Nutrition 2004;92 (Suppl 2), S227-S232

Ohio's Education and Health Organizations support the benefits of school breakfast.

