

School Breakfast Report: Sample Format

Introduction

Because numerous studies show that eating breakfast is essential to children's ability to learn, stay healthy, and behave in school, it is vital to monitor how well schools are doing in reaching students with school breakfast, especially low-income students whose families struggle daily with tight food budgets.

Some schools have implemented innovative breakfast programs presenting a variety of solutions to increase school breakfast participation. These schools serve as important models for other districts that lag behind in reaching low-income children with school breakfast.

Findings

- *State Data and findings*
 - *Highlight both successful districts and those needing to increase the reach of their SBP*
 - *Include Tables, Maps, Photos*
- *Comparison to other states (FRAC National School Breakfast Scorecard)*
- *Descriptions of Successful School Breakfast Models (with quotes and pictures if possible)*

Why Breakfast At School?

The School Breakfast Program is not only an extremely effective means to reduce hunger among low-income children; it also improves nutrition, prevents obesity, improves students' attendance, attentiveness and achievement, and reduces discipline problems in school. Studies continue to show the effectiveness of expanding school breakfast participation in improving students' nutrition, health and overall school achievement – creating a win-win situation for all. The information below presents just some of the evidence demonstrating the positive impacts of school breakfast.

Education

Eating a healthy breakfast helps to lay the groundwork children need to learn. Numerous studies prove that nutritional status has an impact on cognitive functions in school, thus enhancing students' concentration and quality of school work. Correspondingly, the amount of time between breakfast consumption and class further impacts the level of academic achievement. Children who eat breakfast at school perform better on standardized tests than those who skip breakfast or eat breakfast at home. Providing breakfast at school benefits those students with long commutes and ensures all students are adequately prepared for school.

Nutrition

Times have changed; busy morning schedules can make providing children a nutritious breakfast at home a challenge. All schools who participate in the School Breakfast Program must meet federal nutrition requirements, requiring breakfasts to contain no more than 30 percent of calories from fat and less than 10 percent of calories from saturated fat.

How To Write A Report For School

Mary Oluonye



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