

# BREAKFAST AFTER THE BELL



## Breakfast & Academics

Decades of research show that school breakfast supports academic achievement.

IMPROVED	DECREASED
 Cognitive Function	 Risk for Obesity and Diabetes
 Academic Achievement	 Aggressive Behavior
 School Attendance	 Delinquency
 Diet and Physical Health	 Suspensions
 Emotional Health	 Tardiness



“The research found that **the odds of achieving an above average educational performance were up to twice as high for pupils who ate breakfast**, compared with those who did not.”<sup>1</sup>



Overall, the results suggest that state mandates have been effective in increasing the availability of the SBP in schools and that these mandates increase student achievement by improving nutrition.”<sup>2</sup>



Controlling for other factors, **participation in the School Breakfast Program improved standardized test scores and decreased rates of tardiness and absence.**<sup>3</sup>

Access a full overview of school breakfast research: <http://cfpa.net/invest-in-breakfast-after-bell>

## References

<sup>1</sup>Cardiff University News (<http://www.cardiff.ac.uk/news/view/162112-good-breakfast,-good-grades>) reporting on Littlecott HJ, Moore GF, Moore L et al. Association between breakfast consumption and educational outcomes in 9–11-year-old children. Public Health Nutrition, published online by Cambridge University Press, 28 September 2015, doi:10.1017/S1368980015002669.

<sup>2</sup>Frisvold DE, Nutrition and cognitive achievement: An evaluation of the School Breakfast Program, Journal of Public Economics, 2014, doi:10.1016/j.jpubeco.2014.12.003

<sup>3</sup>Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School Breakfast Program and school performance. American Journal of Diseases of Children. 1989; 143(10):1234-1239. doi:10.1001/archpedi.1989.02150220142035.