



St. Louis Public Schools Breakfast Program

➤ **Why Serve Breakfast?**

➤ **SKIPPING BREAKFAST AND EXPERIENCING HUNGER IMPAIR CHILDREN'S ABILITY TO LEARN**

- Children who skip breakfast are less able to differentiate among visual images, show increased errors, and have slower memory recall.
- Behavioral, emotional and academic problems are more prevalent among children with hunger
- Children with hunger are more likely to have repeated a grade, received special education services, or received mental health counseling, than low-income children who do not experience hunger.

➤ **EATING BREAKFAST AT SCHOOL HELPS IMPROVE CHILDREN'S ACADEMIC PERFORMANCE**

- Children who eat a complete breakfast, versus a partial one, make fewer mistakes and work faster in math and number checking tests
- Children who eat breakfast at school – closer to class and test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast at home.
- Consuming breakfast improves children's performance on demanding mental tasks and reaction to frustration.

➤ **SCHOOL BREAKFAST IMPROVES STUDENT BEHAVIOR AND LEARNING ENVIRONMENTS**

- Children who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.

➤ **PARENTS LIKE THE SCHOOL BREAKFAST PROGRAM BECAUSE IT IS ECONOMICAL, WELL – BALANCED AND CONVENIENT**

- The most a St. Louis Student can expect to pay for a student breakfast is \$1.30 a day or \$6.50 a week (high school full price).
- Children who increase their school breakfast participation as a result of a school breakfast program offered free to all students (Carrie Knause, Nikkari and TSN) show greater improvements in math scores, attendance, punctuality, depression, anxiety and hyperactivity than children whose participation remains unchanged or decreases.
- Students attending schools that offer breakfast are more likely to consume significantly more calcium, magnesium, phosphorus, fruit and dairy products.

➤ **Universal Free Breakfast**

THIS MEAL OPTION, AVAILABLE TO ALL STUDENTS ATTENDING CARRIE KNAUSE ELEMENTARY SCHOOL, NIKKARI ELEMENTARY SCHOOL AND TS NURMBERGER MIDDLE SCHOOL, SERVES BREAKFAST MEALS AT NO CHARGE.

School Districts receive the federal reimbursement funds for free and reduced meals (based upon participation rates for a set “base” year), while bearing the remaining costs for paid students from other funds. Most districts make up the difference in costs through a la carte sales or catering. Child advocates generally support provision 2 and educators who wish to make student nutritional needs a true part of the educational process. Academic benefits of school breakfast are well documented, paperwork decreases dramatically, cash handling and the stigma of being disadvantaged often associated with eating this meal at school disappear.

For more information about any federal school food programs, contact the USDA Food and Nutrition Service Public Information Staff at 703-305-2286, or by mail at 3101 Park Center Drive, Room 912, Alexandria, Virginia 22302.