

# FitFUTURE

Strategies for  
Better Living.

## School Breakfast



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### Changes in the School Breakfast Program

All students deserve to energize their day with a healthy breakfast. The School Breakfast Program (SBP) was established to ensure that our school children have access to a well-balanced meal every morning that class is in session. For 2014/2015 school year the SBP meals served to students will offer more fruit, only whole grain rich items and the sodium content of the foods will be reduced.

### Benefits of a Healthy Breakfast

Studies have consistently shown that students who eat breakfast benefit nutritionally and educationally. Busy parents also benefit tremendously from the SBP because their children will receive a healthy, balanced, and affordable meal at school that eases the burden of their hectic morning rush. Below are some additional benefits:

- ✓ Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.
- ✓ Eating breakfast can help improve math, reading, and standardized test scores.

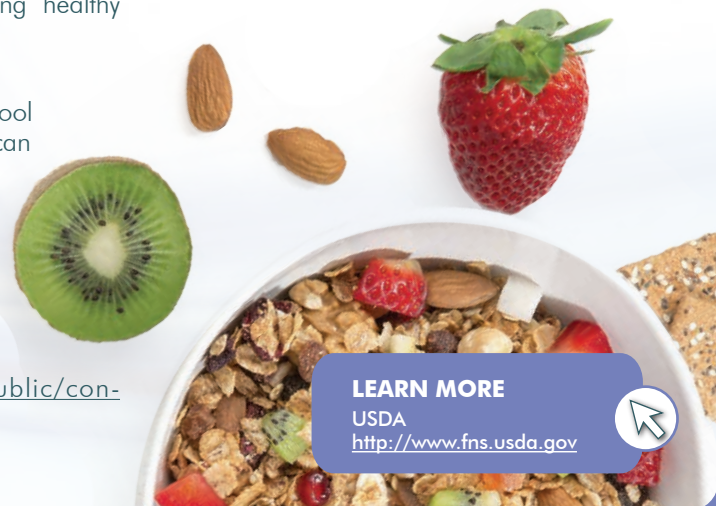
- ✓ Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- ✓ Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.
- ✓ By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.
- ✓ Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.
- ✓ Eating breakfast as a child is important for establishing healthy habits for later in life.

On weekends and during school breaks parents or caregivers can offer healthy breakfast meals to their children. Here is a link to an educational handout that provides you with some breakfast meal ideas:

<http://www.eatright.org/Public/content.aspx?id=6442474608>

### "Breakfast on the Go"

- 1 1 Tbsp. peanut butter and a small peeled banana rolled up in a 6 inch whole wheat tortilla or slice of whole wheat bread
- 2  $\frac{3}{4}$  cup dry unsweetened or lightly sweetened cereal in a snack size baggie mixed with 1-2 Tbsp. dried fruit like raisins, apricots etc.
- 3 Skim mozzarella cheese stick and an apple
- 4 Greek yogurt and  $\frac{1}{2}$  cup low fat granola or other crunchy whole grain cereal



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