






WHY SCHOOL BREAKFAST MATTERS

1 in 3 kids are at risk of hunger in Santa Clara and San Mateo counties.¹

SCHOOL MEALS SUPPORT LEARNING AND HEALTH

Improved	Decreased
 Cognitive Function	 Risk for Obesity & Diabetes
 Academic Achievement	 Aggressive Behavior
 School Attendance	 Behavior Issues
 Diet and Physical Health	 Suspensions
 Emotional Health	 Tardiness

BENEFITS OF SCHOOL BREAKFAST

School Breakfast improves academic performance:

- Improvements in verbal fluency, physical endurance, arithmetic, and creativity
- Improved memory and listening skills
- Better spatial memory and short-term memory

Improved behavior:²

- Less hyperactivity and fewer behavioral/ attention problems
- Higher rates of attendance
- Lower rates of tardiness

ALTERNATIVE BREAKFAST MODELS

Innovative breakfast service models, such as Breakfast After the Bell, are the best ways to maximize school breakfast participation.³



Breakfast in the Classroom

Serve breakfast when
and where all kids are
able to eat

On average, schools
reach **88%**
breakfast
participation with
this model⁴



Second Chance Breakfast

Serve students during
a mid-morning break

Schools reach **58%**
breakfast
participation on
average with this
model⁴



Grab N' Go Breakfast

Let kids grab quick
and healthy meals on
the way to class

With this model,
schools reach **59%**
breakfast
participation on
average⁴

References

1. Census Bureau, Household Pulse Survey. July 5, 2021. <https://stanford-datalab.github.io/covid-19-ca/#food-insufficiency>
2. School Breakfast Program Factsheet. No Kid Hungry. Accessed April 7, 2023. <https://www.nokidhungry.org/sites/default/files/pdfs/school-breakfast-program-factsheet.pdf>
3. Hartline-Grafton, H., Levin, M. (2022). Breakfast and School-Related Outcomes in Children and Adolescents in the US: A Literature Review and its Implications for School Nutrition Policy. Current Nutrition Reports, 1(4):653-664 doi:<https://doi.org/10.1007/s13668-022-00434-z>
4. Implement Breakfast After The Bell. No Kid Hungry. Accessed April 7, 2023. <http://bestpractices.nokidhungry.org/programs/school-breakfast/implement-breakfast-after-the-bell>



SECOND HARVEST
of SILICON VALLEY



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

UC Cooperative Extension