

National Hot Breakfast Month:

The Importance of Student Breakfast

For children, breakfast is the most important meal of the day. A nutritious breakfast helps to start their day with focus and sustained energy for optimal learning.

93.2%

of U.S. schools today provide students with the option of breakfast.¹

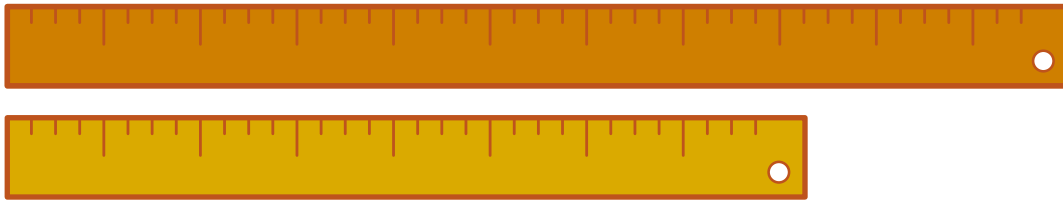
20–60%

More Iron & Vitamins

Children who regularly eat breakfast take in approximately 20–60% more iron, B vitamins and vitamin D than children who skip breakfast.²



Students that are offered free breakfasts before class scored



25%

higher on math, reading and science tests.²

Students Who Eat Breakfast

18%

Higher Scores

on standardized math tests.³

1.5

More School

days attended each year.⁴

20%

More Likely

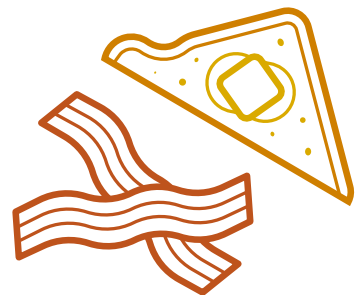
to graduate high school.⁵

Eating a healthy breakfast in the morning is linked to⁶

- Improved concentration
- Better test scores
- Increased energy
- Enhanced attention and information retention
- Lower risks of obesity

Protein + Fiber

A healthy breakfast rich in protein and fiber is key to gaining the benefits of starting the day with breakfast.⁶



SOURCE:

¹ Food Research and Action Center: <https://frac.org/wp-content/uploads/school-breakfast-scorecard-sy-2017-2018.pdf>

² SF Gate: <https://healthyeating.sfgate.com/benefits-eating-breakfast-students-7697.html>

³ MinnPost: <https://www.minnpost.com/community-voices/2019/04/breakfast-after-the-bell-will-serve-up-student-success/>

⁴ No Kid Hungry <http://bestpractices.nokidhungry.org/sites/default/files/download-resource/No%20Kid%20Hungry%20Starts%20with%20Breakfast.pdf>

⁵ Beyond Breakfast: <https://beyondbreakfast.org/pbic-school-breakfast-national-nutrition-month>

⁶ SF Gate: <https://healthyeating.sfgate.com/reasons-not-skip-breakfast-5761.html>

To learn more about our eggs portfolio visit www.sunnyfresh.com and to learn more about our turkey portfolio visit www.k12.shadybrookfarms.com

Sunny Fresh
EGGS OVERLY EASY

SHADY BROOK
FARMS

Cargill