



# School Breakfast Changes Lives

## WHY BREAKFAST HELPS STUDENTS LEARN

Research shows that enjoying a nutritious breakfast has a positive impact on student learning. Eating breakfast can improve grades, increase concentration, and is beneficial to mental and emotional health. Increased breakfast participation has been found to increase attendance and decrease the number of disciplinary actions taken in schools.



**EAT.  
LEARN.  
SUCCEED.**

# Why Breakfast Matters

## Rhode Island student breakfast by the numbers

Currently, in Rhode Island, only 53% of low-income lunch eaters are also eating school breakfast

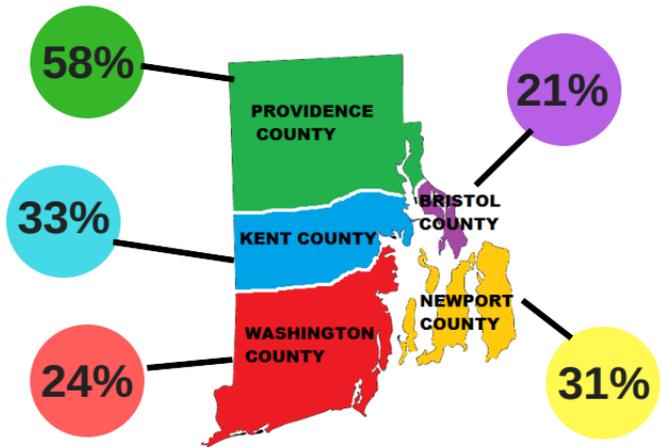


One in three students are eligible for free or reduced price breakfast



But over 23,900 of eligible students are not receiving school breakfast in Rhode Island

Percentage of students in Rhode Island eligible for free and reduced price lunch as a percent of total children within a given county



Convened by Governor Gina Raimondo, the Rhode Island Children's Cabinet has identified childhood hunger as a challenge that must be tackled in order to improve student performance and literacy proficiency, particularly in early childhood.

# Innovative Solutions to Expanding Breakfast in Schools



## Grab n' Go

- Packaged breakfasts are available to students from
- mobile carts located in high traffic locations such as
- school entrances, hallways or outside of the
- cafeteria. Disposable packaging and strategically-
- placed trash cans allow students to eat when and
- where they want, within school guidelines



## Second Chance Breakfast

- Breakfast is available to students who don't eat at
- home or arrive late to school; too late to eat breakfast
- in the cafeteria. Students can eat breakfast after
- first period or midway between breakfast and lunch.



## Breakfast in the Classroom

- All students are offered breakfast in the classroom
- at the beginning of the instructional day. Meals are
- either delivered to classrooms or students pick up
- meals to bring to the classroom and eat during
- morning activities such as attendance, homework
- collection or simple nutrition/health lessons.



## Breakfast on the Bus

- Students are served packaged breakfast when they
- board the bus in the morning on their way to
- school. Students who eat on the bus are able to eat
- breakfast without interfering with instructional time.



## Universal Breakfast

- Schools with high numbers of students who qualify
- for Free and Reduced Price Lunch can offer universal
- breakfast to students at no charge. This decreases
- any stigma, has a significantly positive impact on
- breakfast participation rates, and is cost-effective
- for schools.