



SOUTH PEKIN DISTRICT #137 UNIVERSAL SCHOOL BREAKFAST PROGRAM

Universal School Breakfast refers to a school program that offers breakfast at no charge to all students, regardless of income.

WHY HAVE UNIVERSAL SCHOOL BREAKFAST?

Many children do not eat a nutritious breakfast every morning.

- Many families are living on very tight budgets and can't afford to provide breakfasts at home every day nor the money to buy them at school.
- Regardless of income, families today live busy lives, with commutes and long, nontraditional work hours that often make it difficult to have enough time to sit down in the morning to eat a nutritious breakfast.

Studies have shown that Universal School Breakfast improves the following:

- ✓ Students who eat school breakfast at the start of the school day show a general increase in math and reading scores as well as improvements in their speed and memory in cognitive 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.
- ✓ Children who have school breakfast eat more fruit, drink more milk, and consume a wider variety of foods than those who don't eat breakfast or have breakfast at home.
- ✓ Schools that provide breakfast at no cost to all students report decreases in discipline and psychological problems, visits to the office and tardiness; increases in student attentiveness and attendance; and generally improved learning environments.