

From Hungry To Healthy

The Importance of Increasing School Breakfast Participation



School breakfast plays a critical role in helping school children reach their full academic potential. This may be especially true for the 1 in 5¹ who live in a household faced with food insecurity.

To help our nation's children who need to move from hungry to healthy², we are committed to increasing student participation in School Breakfast Programs.

Collectively we will work together to:

- **Increase** awareness of the critical impact School Breakfast Programs have on learning, nutrition security, diet quality and student health.
- **Provide** resources to empower schools to champion school breakfast.
- **Inspire** families and communities to embrace school breakfast.
- **Empower** children to take action to help increase access to breakfast in their schools.



¹Food Insecurity in Households With Children: Prevalence, Severity, and Household Characteristics, 2010-11 by Alisha Coleman-Jensen, William McFall, and Mark Nord, Economic Information Bulletin No. (EIB-113) 59 pp, May 2013
²Approximately 1% of households experience very low food security where children are hungry, skip a meal, or don't eat for a whole day because of economic challenges at some time during the year.