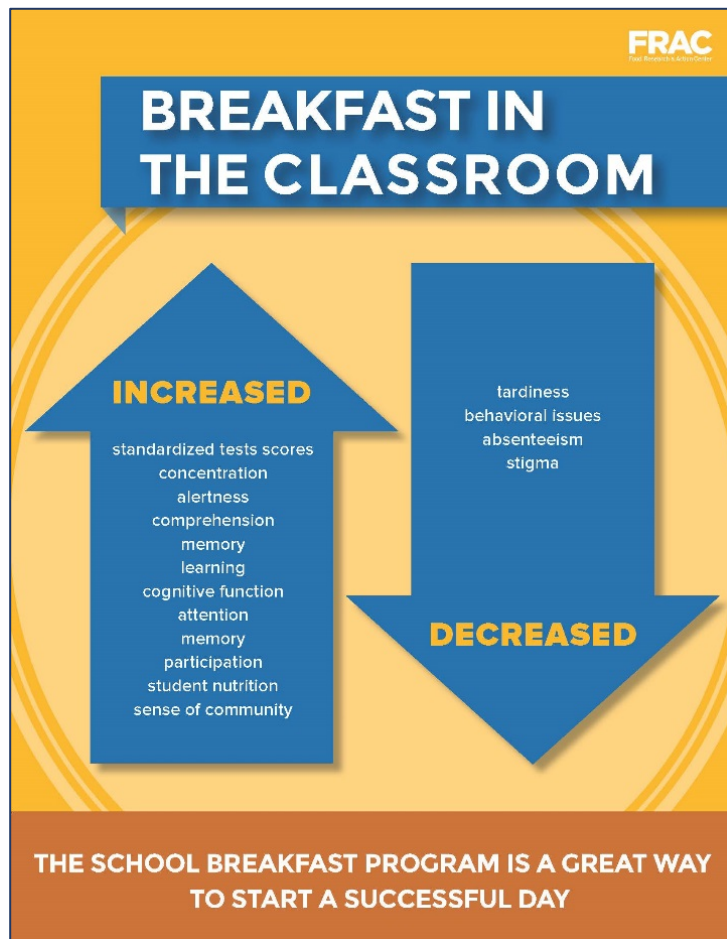


Benefits of the School Breakfast Program

Students who eat breakfast at school:

- Are more likely to master the tasks necessary to do well in school.
- Perform better on standardized tests than those who skip breakfast or eat breakfast at home.
- Have higher math and scores
- Have a decreased likelihood of repeating a grade
- Are less likely to cause distraction due to behavioral and disciplinary issues.
- Are less likely to be suspended from school.
- Have lower rates of absence and tardiness.
- Are less likely to be obese or overweight.
- Build lifelong healthy eating habits.



For research briefs and this infographic, visit the Food Research & Action Center (FRAC) website:
<http://www.frac.org/programs/school-breakfast-program/benefits-school-breakfast>.