

## Breakfast After The Bell: The Impact

Research shows that the simple act of eating school breakfast can dramatically change a child's life. Making school breakfast a seamless part of the school day by serving it after the bell can also have a huge impact on classrooms.

Here are five ways:

### 1) Higher Test Scores

Hunger makes school harder. On average, students who eat school breakfast achieve 17.5% higher scores on standardized math tests.

### 2) Calmer Classrooms

Children who do not regularly get enough nutritious food to eat tend to have significantly higher levels of behavioral, emotional and educational problems.

### 3) Fewer Trips To The Nurse

When kids come to school hungry, they visit the school nurse more often due to stomach aches and headaches. Kids who struggle with hunger are also likely to be sick more often, recover from illness more slowly, be more susceptible to obesity and to be hospitalized more frequently.

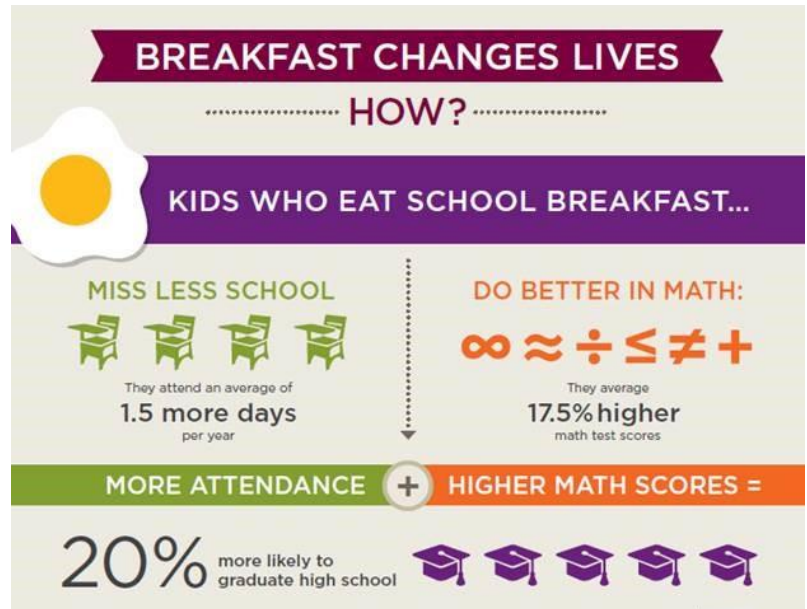
### 4) Stronger Attendance & Graduation Rates

On average, student attendance increases by 1.5 days per year for kids who regularly start the day with a healthy breakfast. Students who attend class more regularly are 20% more likely to graduate from high school.

### 5) Maximizes Our Country's Future

When children are hungry, they struggle to grow up into strong, healthy and productive members of our society. This comes at a massive cost to the American economy and its potential.

Every time we feed a child, we're unlocking their ability to grow up to become the next future teachers, scientists and entrepreneurs.



[Watch](#) principals, teachers, and students talk about the positive effects of breakfast in the classroom:

