

# WHY SCHOOL BREAKFAST?

Children who eat school breakfast show an

Increase in Cognitive Function



+ ÷ = × Improvement in Test Scores



☑ better behavior<sup>1</sup>.

School breakfast provides children who do not have the time



or household income\$ to eat before school with a healthy meal.



The math does not add up:

492,829

children who eat school lunch

- 173,849

children who eat school breakfast

318,980

Children who are not eating school breakfast in Massachusetts<sup>2</sup>

