



## Why Breakfast?

### What do kids say about breakfast?

*I eat breakfast because . . .*



"I'm hungry!"

"I need some energy"

"I need to feed my brain"

"I didn't have time to eat at home"

"I like to visit with friends before school"

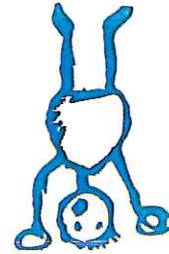
*Breakfast helps me learn because . . .*

"It gives me energy to 'listen up' in class"

"It helps me do better on tests"

"It makes my brain ready to work"

"It gives me a better attitude towards school"



### What do parents say about School Breakfast?

"... gives my kids a chance for a nutritious breakfast"

"... sometimes there is just no time to fix breakfast at home"

"... I feel less guilty if rushed; I know my kids will get breakfast at school"

"... provides my kids a place to go before school starts; I go to work early"

### What does the community say about School Breakfast?



"... helps children do better in school, often keeping them in school"

"... gives free and reduced price breakfasts for eligible children"

"... develops children into productive members of society"