

BETTER MORNINGS, BETTER POSSIBILITIES.

# BETTER WITH BREAKFAST 101

## BREAKFAST AFTER THE BELL: THE IMPACT

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

### BETTER TEST SCORES



Hunger makes school harder. On average, students who eat school breakfast achieve

**17.5% HIGHER SCORES**  
ON STANDARDIZED MATH TESTS.

### BETTER HEALTH



When kids come to school hungry, they visit the school nurse more often

**DUE TO STOMACH ACHES AND HEADACHES.**  
They are also likely to be sick more often, **RECOVER FROM ILLNESS MORE SLOWLY** and be hospitalized more frequently.

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### BETTER CLASSROOM MANAGEMENT



Children who do not regularly get enough nutritious food to eat tend to have

**SIGNIFICANTLY HIGHER LEVELS**

of behavioral, emotional and educational problems.

### BETTER 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.**

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## BETTER 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.

Every time we feed a child, we unlock their potential to become the next generation of leaders, scientists and entrepreneurs.

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All children deserve a healthy breakfast to start their day. Not only do children perform better in school when they start their day with a nutritious breakfast, they are healthier, have less behavioral problems and get better grades.

Unfortunately, many children in our community go hungry in the morning.

More than 200,000 Michigan children are not getting their nutritional needs met.

## CHILDHOOD HUNGER STATISTICS IN

### Roseville Community Schools Total

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**1,228** Students who may struggle with hunger

**56%** Percentage of kids eating a free/reduced-price lunch who are also eating school breakfast (goal is 70%)

**400** Total students added to reach goal of 70%

**\$146,734** Annual reimbursement increase at 70%

\*Stats provided by:  
Augustine-Thottungla, R., Kern, J., Key, J., & Sherman, B. (2013).  
Ending childhood hunger: A social impact analysis. Washington: Deloitte.

Participation data provided by the Michigan Department of Education.

[UNITEDWAYSEM.ORG/BETTERWITHBREAKFAST](http://UNITEDWAYSEM.ORG/BETTERWITHBREAKFAST)

