

**MARCH 2018**

## RISE & SHINE

### Everyone LOVES School Breakfast!

March 5-9 is National Breakfast Week

Start the day off right by ensuring your kids get a healthy school breakfast. Did you know that students who eat breakfast every morning score higher on standardized tests and are more likely to maintain a healthy weight?

### Studies also show that eating school breakfast can:

- Lower stress levels and reduce behavioral issues
- Boost memory and concentration
- Improve hand-eye coordination
- Lessen hunger throughout the day

### Did you know...



Skipping breakfast can throw a child's metabolism out of balance – they may feel sapped of energy and be more likely to overeat later in the day.



It's important to eat breakfast within two hours of waking. If your child doesn't want to eat first thing in the morning, make sure they get a school breakfast when they arrive!



Forming good breakfast habits early ensures that children continue to eat a morning meal as adults – greatly reducing their chances of weight gain, heart disease, and other health issues.

Source: eatright.org



**We're rethinking school meals!**

Join us as we celebrate the good work in schools across the country.

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