



Get Straight A's With a Healthy Breakfast!

Attention, Attendance and Academic Achievement improve with breakfast.

Did you know that what kids eat for breakfast may affect their ability to learn in school? Kids who eat breakfast have fewer absences and get higher scores on achievement tests.



- **Get off to a good start.** Make sure your child has time for breakfast at home or take advantage of the School Breakfast Program if your school operates one. School meals are not only convenient but also an inexpensive and healthy option.
- **Keep breakfast simple.** Have items available in your kitchen that can easily be put together in the morning: cereal, milk, toast or bagels, cheese, peanut butter, fruit and yogurt.
- **Join your child for breakfast.** Be a positive role model—eat breakfast yourself and share breakfast with your child when you can.