

What if parents could give their children a magic pill in the morning to make them healthy, smart and well-behaved? While no such pill exists there is something just as powerful:

**BREAKFAST!**

Consumption of this morning meal, whether eaten at home or at school, is one of the most important things a child does all day. Over 30 years of credible research has proven that a healthy breakfast positively impacts brain function and energy level, which is extremely important for school-aged children.

There are 5 benefits to eating a healthy breakfast:

1. Breakfast equals better behavior. Children who skip breakfast are more tired, irritable, or restless by late morning. Children who regularly eat breakfast have more energy, and are less likely to exhibit aggressive behavior, and have a better attitude toward school.
2. Breakfast leads to higher test scores. Research has shown that children who consistently eat breakfast test higher in most academic areas.
3. Breakfast leads to better class attendance. Children who eat breakfast are absent from school fewer days. They also spend less time in the nurse’s office.
4. Breakfast eaters generally meet vitamin and mineral requirements for prevention of deficiencies. They consume more fiber, vitamin C, calcium and folic acid. Unfortunately, children who miss breakfast do not make up for lost nutrients later in the day.
5. Breakfast helps to establish a normal eating pattern. Eating regular meals is a key to maintaining a healthy weight throughout life. Increasing childhood obesity is in part attributed to the disappearance of normal eating patterns.

**As you can see breakfast is an important start to your children’s day.**

 **General Brown School District offers breakfast to all students in all buildings each and every day. Full paid students pay $1.50 for breakfast and if your children are eligible for free or reduced price meals that would apply for breakfast.**

**Remember BREAKFAST, whether eaten at home or at SCHOOL, is the most important thing your child does all day!**