

# Breakfast: A Powerful Tool To End Childhood Hunger

*Hunger affects children in every community in the United States. Ending hunger means ensuring every child has reliable access to the healthy food they need. Research shows that the simple act of eating school breakfast can dramatically change a child's life.*

## OVERVIEW

1 in 6 kids in the U.S. live in families who struggle with hunger. This takes a profound toll on their health, their happiness, and their ability to find success in the future. School breakfast can help change that.

Free and reduced-price school meals work to close the gap between kids who have enough to eat and those who don't. These programs can make sure kids have access to food when they need it, regardless of zip code, age, time of year or time of day.

The traditional method of serving the meal before the school day starts, however, can be ineffective. As a result, only a fraction of the students who may need this meal are able to access it.

When schools make breakfast part of the school day, serving it once school starts instead of before, it reaches more of the kids who need it.



## KEY FINDINGS

### 1 in 6

The number of children in the U.S. who live in families struggling with hunger.

### 3 out of 4

Teachers say they see kids who are regularly coming to school hungry.

### 92%

Teachers who say they are concerned about how hunger impacts their students' ability to succeed.

### 74%

Low-income students who say school meals help them pay attention and behave in class.

### 80%

Teachers who see their hungry students lose the ability to concentrate.

Learn more from the Hunger in Our Schools report at [tiny.cc/HIOS](https://tiny.cc/HIOS).

## THE IMPACT OF BREAKFAST

Making school breakfast a seamless part of the day by serving it after the bell is connected to positive impacts on classrooms and schools. After implementing breakfast after the bell in their schools, principals and teachers report seeing numerous benefits for their students including:

- ✓ Higher test scores
- ✓ Calmer classrooms
- ✓ More attentive students
- ✓ Fewer referrals to the principals office for behavioral problems
- ✓ Higher attendance rates
- ✓ Higher graduation rates
- ✓ Fewer visits to the nurse for stomach aches
- ✓ Improvements in health

Students themselves report that they feel better and are better able to concentrate and learn when they've started the day with breakfast.

When kids get the food they need each day, they feel better, learn more and grow up stronger. This is good for the nation: healthier, smarter kids are more likely break the cycle of poverty and build a stronger, more competitive economy.

“With school breakfast I see that my children are ready to learn. I drive them pretty hard, so, the expectation is that the kids will be able to focus and to be able to contribute and be able to push themselves for large chunks of time. And if you're not ready, if you're not fueled up, you'll fall apart. Now that they eat breakfast in the classroom, I don't get that anymore. My kids are ready.”

**KIMBERLY NIBBLETT,  
Elementary School Teacher**



## TAKE ACTION

Together, we can end childhood hunger.

In every community, there are children without enough to eat. Across Washington, we're helping end childhood hunger in communities using proven, practical strategies.

Ending childhood hunger isn't just the right thing to do; it's also the smart thing to do. When kids consistently get the nutrition they need, they feel better, learn more, and grow up stronger. And that means a smarter, healthier, more productive state.

Join us at [washingtonbreakfast.org](http://washingtonbreakfast.org).

## THREE THINGS YOU CAN DO TO GET INVOLVED IN YOUR STATE:

- Spread the word about school breakfast on social media
- Highlight local champions in your states' schools and cafeterias who are helping feed kids
- Schedule a classroom visit to see a successful school breakfast program firsthand

Want to get involved? Email [schoolbreakfast@uwkc.org](mailto:schoolbreakfast@uwkc.org) or visit [washingtonbreakfast.org](http://washingtonbreakfast.org) for more information.