



Grab & Go Breakfast

BENEFITS OF A HEALTHY BREAKFAST

Breakfast is the most important meal of the day – educationally and nutritionally.

Breakfast helps children learn.

Numerous studies show that breakfast:

- Improves academic performance and attendance
- Reduces behavior problems and tardiness
- Children who eat breakfast at school – closer to test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast at home.

Breakfast promotes good health.

Eating breakfast at school results in:

- Fewer visits to the school nurse
- Improvements in children's diets
- Helps build healthy eating habits
- Maintaining a healthy weight

What we find particularly exciting is that school breakfast is a relatively simple intervention that can significantly improve children's academic performance and psychological well-being.

J. Murphy, EdD, School Breakfast Program researcher, MA General Hospital and Harvard Medical School

Grab and Go Breakfast: A great alternative service method to traditional breakfast consumed in the cafeteria prior to the start of the school day

Breakfasts conveniently packaged in bags with all of the components of the meal so students can grab a bag quickly, either from the cafeteria line or from carts on school grounds. The breakfasts can be consumed in the **classroom**, hallway, or other venue.

Grab and go breakfast bags are especially convenient for middle and high schools with large numbers of students on the move. Some schools worried about the additional waste that might be produced by grab and go bags or classroom breakfast. Custodial staff members at the schools, however, find that this is not the case. Special waste containers are available for students to throw out their trash.

Grab and Go Benefits

- Increased **participation!**
- **Convenience!** Less time to prepare than most traditional breakfast meals.
- Decreased lines in the cafeteria.
- Enjoyed on the go, in the classroom, before school or during break.
- Older students like it.

In St. James Parish currently three schools offer BREAKFAST ON THE GO:

Gramercy Elementary

St. James High

Paulina Elementary (late breakfast only)

This institution is an equal opportunity provider.