



# How does school breakfast help families?

## Fuels learning

Kids and teens can concentrate on their schoolwork better when they're not hungry. Studies show that kids do better in school when they eat breakfast.

## Provides better nutrition

Studies show that people who eat breakfast have higher intakes of

## Saves time

kids and teens healthy options



Visit [ChooseMyPlate.gov/Families](http://ChooseMyPlate.gov/Families) for additional tips and activities for families.

*The School Breakfast Program (SBP) provides cash assistance to States to operate nonprofit breakfast programs in schools and residential child care*