

## Have you eaten breakfast yet today?

### Eating breakfast every day...

- **Helps children perform better in school**

Students who eat school breakfast tend to improve in vocabulary, math and standardized tests, scoring an average of 17.5% higher. Students who eat school breakfast are also 20% more likely to graduate from high school.

- **Leads to better attendance and fewer behavioral problems**

Students who eat school breakfast have better attendance (1.5 more days a year) and exhibit fewer behavioral and psychological problems.

- **Reduces obesity risk**

Children who regularly eat breakfast have a better quality of nutrient intake and are less likely to be overweight or obese.

**Students of The Richland School District get breakfast in the classroom every morning at the beginning of their day!**