SCHOOL BREAKFAST
OUT OF THIS WORLD!™

NATIONAL SCHOOL BREAKFAST WEEK

March 2 – 6, 2020

WHITMAN-HANSON REGIONAL
SCHOOL DISTRICT

SCHOOL BREAKFAST: FAST FACTS

National School Breakfast Program serves 14.6 million children every school day!

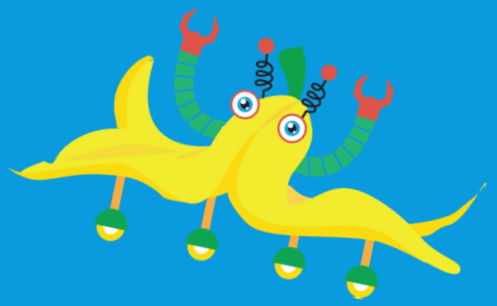
Students who eat school breakfast:

- Score 17.5% higher on standardized math tests
- Perform better on a variety of indicators than peers who go without breakfast
- Show improved attendance, behavior and decreased tardiness
- Students who eat breakfast have better attention and memory

Sources: Share Our Strength , The Sodexo Foundation, Food Research & Action Council, The National Dairy Council

SCHOOL MEALS: SAFE

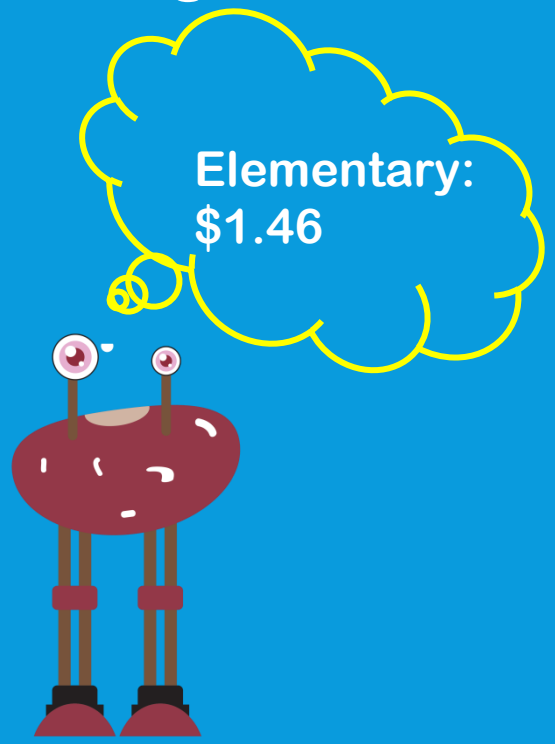
- School kitchens are subject to regular health inspections by the local health department.
- According to the CDC, school kitchens maintain exceptional food safety records.
- Schools account for only 1% of foodborne-disease outbreaks, compared to 10% from home and 61% from restaurants.



SCHOOL BREAKFAST: HEALTHY

Healthy, Inexpensive Breakfast Start at School!

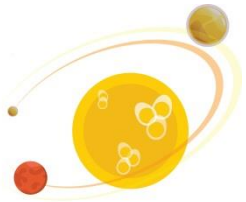
- Average national cost of school breakfast:



SCHOOL BREAKFAST: CHOICES

Whether in the cafeteria, a grab'n'go station, or breakfast in the classroom, options include:

- Fresh fruits
- Whole grains
- Limits on trans fats
- Low-fat or fat-free milk
- Protein



Planet Protein

Planet Whole Grain

Planet Fruit

OUR SCHOOL BREAKFAST PROGRAM

Conley and Duval Elementary Schools offer Breakfast in the Classroom.

Hanson Middle School is introducing a Second Chance – Grab & Go Breakfast in the lobby between 1st & 2nd period beginning on February 24th.

Indian Head Elementary, Whitman Middle, and the Regional High School offer breakfast daily in the cafeteria.

HOW WE'RE CELEBRATING

- We have created a special breakfast menu and will be decorating each cafeteria. We have fun activity sheets available and some free giveaways.
- We will also be drawing names for fun prizes.

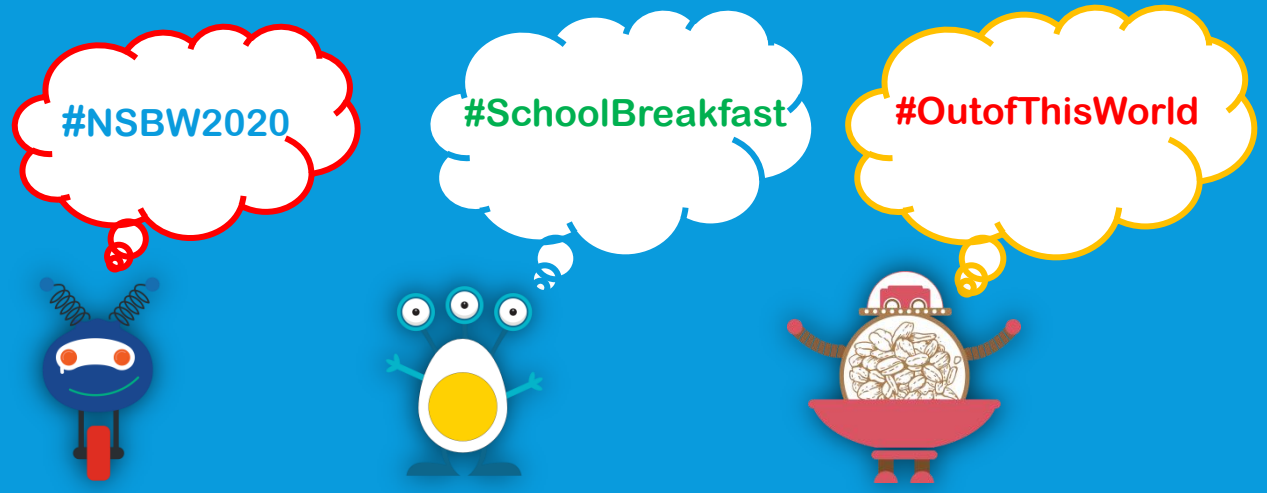
JOIN THE CELEBRATION!

- The NSBW 2020 campaign encourages everyone to support school breakfast.
- Join the conversation on social media!

Facebook.com/SchoolNutritionAssociation

@schoolnutritionassoc

@SchoolLunch



PARENTS – GET INVOLVED!

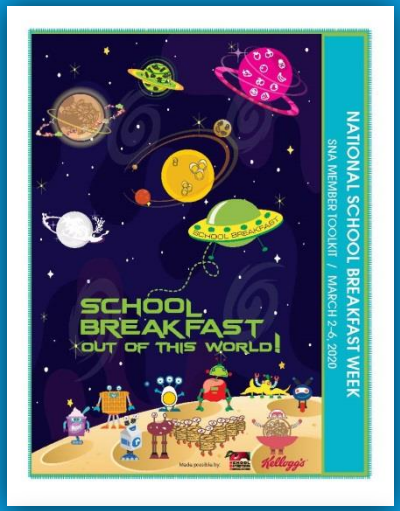
- Check out the cafeteria menu with your kids and discuss making healthy choices
- Join your kids for breakfast during NSBW (or any time!)
- Voice any concerns or special diets your kids have
- Provide feedback and tell us how we're doing!

ADMINISTRATORS – GET INVOLVED!

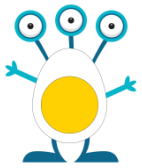
- Visit the cafeteria or a classroom during breakfast
- Be a special guest server or volunteer to deliver breakfast to students in the classroom
- Include presentations about the benefits of school breakfast at PTA meetings
- Talk about “Out of This World” during the morning announcements

TEACHERS – GET INVOLVED!

- Volunteer to be a guest server on the line or deliver breakfast to students in the classroom
- Use our student activity sheets and coloring sheets in your lesson plans
- Hold a student breakfast art contest or other fun activity



SCHOOL BREAKFAST
OUT OF THIS WORLD!™



THANK YOU!

For more information, please contact our Food Services Department at 781-618-7477.