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**A Message
for Parents and Community Workers**

FNS-151

U. S. Department of Agriculture
Food and Nutrition Service

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Eating a nutritious breakfast is a good start for the day. Studies have shown that workers who tuck away a good meal before work get more done than those who skip breakfast — or eat a poor one. What is true for workers is true for children as well. Those who eat a good breakfast have a better chance to do well in studies and recreation. The School Breakfast Program — run cooperatively by local, State and Federal governments and available to all public and nonprofit private schools of high school grade and under — was developed with the above facts in mind. It is administered nationally by the U.S. Department of Agriculture's Food and Nutrition Service and in each State by that State's educational agency.

WHAT IS A SCHOOL BREAKFAST?

It is a nourishing breakfast schools serve based on USDA nutrition standards. A school breakfast includes milk, vegetable juice or fruit juice or fruit or vegetable, and bread or cereal. Schools are also encouraged to serve protein-rich foods such as eggs, meat, fish, poultry, cheese and peanut butter as often as possible.

WHY BEGIN A BREAKFAST PROGRAM?

Children who come to school hungry may find it difficult to stay alert and learn. The School Breakfast Program gives children a healthy send-off for the day's lessons. The program is also important in improving the nutrition and dietary practices of students.

HOW DOES USDA'S FOOD AND NUTRITION SERVICE HELP?

FNS provides:

- Reimbursement for each breakfast served which meets the prescribed minimum nutritional standards.
- Special cash assistance for breakfasts served to children who are eligible for free or reduced-price breakfasts.
- USDA-donated foods to participating schools.
- Technical assistance and guidance to aid in establishment and operation of the program.

WHAT MUST A SCHOOL DO TO PARTICIPATE?

It must:

- Operate food service on a nonprofit basis.
- Agree to serve the following in order to meet the minimum nutritional standards:

Milk

Vegetable juice or fruit juice or fruit or vegetable

Bread or cereal

- Offer a breakfast free or at a reduced price of 10 cents or less to any child with an income at or below the local eligibility criteria.
- Make breakfasts available to all children regardless of race, color, national origin, or inability to pay.

WHAT CAN YOU DO?

- Discuss the program with school principals, food service managers, teachers, and district school administrators.
- Enlist the aid of your PTA, service groups and community organizations to stimulate interest in the program.
- Give the program your support by:
 - volunteering to supervise the children during breakfast;
 - offering to assist with the preparation of simple breakfasts;
 - getting your own children involved in the program.



For more information, contact:

In Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont: U.S. Department of Agriculture; Food & Nutrition Service; New England Regional Office; 33 North Avenue; Burlington, Massachusetts 01803;

In Delaware, District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Puerto Rico, Virginia, Virgin Islands, and West Virginia: U.S. Department of Agriculture; Food and Nutrition Service; Mid-Atlantic Regional Office; One Vahlsing Center, Robbinsville, New Jersey 08691;

In Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee: U.S. Department of Agriculture; Food and Nutrition Service; Southeast Regional Office; 1100 Spring Street, N.W.; Atlanta, Georgia 30309;

In Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin: U.S. Department of Agriculture; Food and Nutrition Service; Midwest Regional Office; 536 South Clark Street; Chicago, Illinois 60605;

In Colorado, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah and Wyoming: U.S. Department of Agriculture; Food and Nutrition Service; Mountain Plains Regional Office; 2420 West 26th Avenue, Room 430D; Denver, Colorado 80211;

In Arkansas, Louisiana, New Mexico, Oklahoma, and Texas: U.S. Department of Agriculture; Food and Nutrition Service; Southwest Regional Office; 1100 Commerce Street, Room 5-D-22; Dallas, Texas 75202;

In Alaska, American Samoa, Arizona, California, Guam, Hawaii, Idaho, Nevada, Oregon, Trust Territory, and Washington: U.S. Department of Agriculture; Food and Nutrition Service; Western Regional Office; 550 Kearny Street, Room 400; San Francisco, California 94108.