



# Give Kids a Smart Start with Breakfast in the Classroom

## Dear Parents and Guardians,

Did you know that kids who eat breakfast at school are 20% more likely to graduate from high school than students who don't eat breakfast? In addition, students who eat breakfast at school have been shown to score up to 17.5% higher on math tests as well.

The DC Public Schools **Breakfast in the Classroom** program makes it possible for all elementary school children to receive a nutritious breakfast every day. Help us celebrate National School Breakfast Week, March 6-10, by having your child participate in our Breakfast in the Classroom program every day this week and every week this semester.

To help make **Breakfast in the Classroom** even more fun, the American Dairy Association North East (ADANE) and DC Hunger Solutions have created the **Smart Start** educational program, with learning activities that motivate students to eat breakfast every day and explain why eating breakfast is so important to good health and success in school.

Talk with your child about the importance of eating a nutritious breakfast at school each day. Ask them if they notice a difference in how they feel each morning that they eat breakfast at school. Do they have more energy? Can they concentrate better? Remind your child that students who eat breakfast at school every day have been shown to have greater long-term success in school. That's why **Breakfast in the Classroom** is a smart start to every school day!

Sincerely,



D.C. Hunger Solutions

Ending hunger in the nation's capital

