



# KENTUCKY DEPARTMENT OF EDUCATION

## NEWS RELEASE

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## **STUDENTS URGED TO EAT BREAKFAST AT SCHOOL**

(FRANKFORT, Ky.) –Students who eat breakfast show improved academic performance -- including a general increase in math and reading scores; yet many Kentucky students don't take advantage of the opportunity to eat breakfast at school.

So today, the Kentucky Board of Education passed a resolution promoting participation in the school breakfast program and kicking off the Kentucky Breakfast Challenge.

While more than half of the state's 650,000 public school students qualify for free or reduced-price meals, only 39 percent of Kentucky students participate in the school breakfast program.

As part of the Kentucky Breakfast Challenge, the Kentucky Department of Education's Division of School and Community Nutrition is partnering with the Southeast United Dairy Industry Association (SUDIA) to work with districts on innovative ways to increase breakfast participation and encourage districts to consider alternative service options such as grab and go bags, in-class meals and meals served after the first class period. Grants to support this work will be funded by SUDIA as will cash prizes for winning districts in the Kentucky Breakfast Challenge.

The Division of School and Community Nutrition plans to highlight districts' breakfast best practices during the School Nutrition Association's National School Breakfast Week on March 3-7.

A copy of the Kentucky Board of Education resolution on the school breakfast program follows.

(more)

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**RESOLUTION BY THE KENTUCKY BOARD OF EDUCATION  
COMMONWEALTH OF KENTUCKY  
PROMOTING SCHOOL BREAKFAST**

WHEREAS, The Kentucky Board of Education and Kentucky’s Commissioner of Education value the more than 650,000 public school children as one of the State’s most precious natural resources; and

WHEREAS, Good and ample nutrition for children enhances and enables learning and attentiveness, and improves attendance and behavior at school; and

WHEREAS, Kentucky ranks among the top 25% of states in the nation where families suffer from hunger and food insecurity; and

WHEREAS, Over half of the students enrolled in Kentucky’s public schools qualify for free or reduced-price meals, but only 39% participate in the school breakfast program; and

WHEREAS, Scientific research indicates that students who eat school breakfast show a general improvement in academic performance, including a general increase in math and reading scores; and

WHEREAS, Research concludes that children who eat school breakfast eat more fruits, drink more milk, and consume less saturated fat and sugar than children who do not eat breakfast, thus helping to prevent childhood obesity.

*NOW, THEREFORE*, be it resolved that the Kentucky Board of Education encourages school districts to seek multiple and innovative ways of increasing school breakfast participation in their schools as an additional means of caring for and nurturing the state’s public school children and encourages them to consider providing breakfast in the classroom during appropriate instructional and educational activities as one of the multiple options for removing barriers to participation in the school breakfast program.

Done in the City of Frankfort, this fifth day of February, in the year Two Thousand and Fourteen

Roger L. Marcum, Chair  
Kentucky Board of Education

Terry Holliday, Commissioner  
Kentucky Department of Education

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