



“Breakfast after the bell,” also referred to as “breakfast in the classroom,” helps students eat breakfast. Breakfast is an essential meal, especially for children who are growing and developing. It improves access to breakfast and removes a long-held stigma that school meals are only for disadvantaged children. Portland Public Schools supports HB 2846 which would allow PPS to implement breakfast after the bell at an additional 34 sites. This would provide 30,000 children in Portland the opportunity to eat a wholesome breakfast with their classmates while preparing for the school day. Portland Public Schools that have breakfast after the bell have an 85-90% participation rate in the program. Why we support breakfast after the bell:

- **Test scores** - Eating breakfast at school improves standardized test scores, including reading, writing and math.
- **School attendance** - Increasing school breakfast participation increases attendance.
- **Attention** - Children who eat school breakfast are more likely to have improvements of attentiveness.
- **Diet quality** - Children who eat school breakfast meet the dietary standard for specific nutrients in food.
- **Discipline** - Suspensions from school decreased in 40 Maryland schools after the implementation of universal free school breakfast.
- **Health** - Children who eat breakfast visit the school nurse less frequently, and complain less of tiredness, aches and pains.

Organizations in Support of Breakfast after the Bell

- American Association of School Administrators (AASA)
- Action for Healthy Kids
- Food Research and Action Center (FRAC)
- National Association of Elementary School Principals Foundation (NAESPF)
- School Nutrition Foundation's (SNF) Breakfast Resource Center
- National Education Association – Health Information Network (NEA – HIN)
- AASA Association of Superintendents
- National Education Association (NEA)
- School Nutrition Association (SNA)

Additional Resources

- Share Our Strength/No Kid Hungry
 - http://bestpractices.nokidhungry.org/school-breakfast#dialog_996
- Breakfast in the Classroom
 - www.breakfastintheclassroom.org
- Food Research and Action Center
 - <http://frac.org/federal-foodnutrition-programs/school-breakfast-program/>