



DID YOU KNOW THAT EATING BREAKFAST CAN IMPROVE SCHOOL PERFORMANCE?

Research has repeatedly shown that eating breakfast improves school performance, reduces behavioral problems, improves children's diets and can help reduce obesity. However, according to the Food Research and Action Center's (FRAC), recently released "School Breakfast Scorecard: 2009", Connecticut ranks last in the nation in the number of schools participating in the federally funded School Breakfast Program (SBP) as compared to the number of schools participating in the National School Lunch Program for the fourth consecutive year. Nationally, the percentage of schools offering breakfast as compared to lunch has grown from 48.8 % in 1991 to 86.3 % in 2009. Unfortunately, more than one hundred eligible towns in Connecticut still do not participate in the SBP, resulting in only 53.8% of our NSLP schools offering the SBP.

The National School Breakfast Program is a funded through the United States Department of Agriculture and is open to any school participating in the National School Lunch Program not just schools with high levels of students eligible for free and reduced lunch. Any student attending a school that offers the program can eat breakfast. The amount the school is reimbursed by the federal government depends on the student's family income. Breakfast doesn't have to be served just in the cafeteria anymore. Many schools serve breakfast in the classroom, on the bus, in the hallways and after first period. And the SBP may be started at any point in the school year.

The Connecticut Breakfast Expansion Team (CBET) was formed in the spring of 2009 to address Connecticut's consistently poor performance in school breakfast measures. CBET is a collaboration of the Child Nutrition Unit of the Connecticut State Department of Education, the School Nutrition Association of Connecticut, End Hunger CT!, The New England Dairy & Food Council, and Action for Healthy Kids.

CBET offers assistance to schools and districts in their efforts to start or grow a SBP. Through outreach activities to superintendents, business officials, school nurses, as well as, food service directors, CBET is spreading the word about the SBP and its many benefits. CBET can help with financial analysis, resources, networking, marketing and programming.

Districts CBET has or is currently working with

- Bethel
- Bloomfield
- Colchester
- Deep River
- Glastonbury
- Meriden
- Middletown
- Naugatuck
- New Britain
- New Haven
- Portland
- Regional District #6 (Goshen. Morris, Warren)
- Rocky Hill
- Shelton
- Vernon
- Waterbury
- West Hartford
- Windsor Locks

For more information on CBET or the benefits of a School Breakfast Program, contact Jacqueline Schipke via [e-mail](#) or at 860-807-2123.