

BREAKFAST at school

Students who eat breakfast at school

PERFORM better academically

BEHAVE better & have fewer
office referrals

ATTEND class and are on time

PARTICIPATE in class & show
improved concentration

Other benefits of breakfast at school...

Nutritional
well-being of
students

Opportunity
to try new
food

Leadership
opportunities
for
students

Healthy
school
community

Sense of
belonging

Time for
staff and
students to
engage

#NSschooleats