

# wake up!

to

## School Breakfast

### BREAKFAST CHANGES LIVES

HOW?

#### KIDS WHO EAT SCHOOL BREAKFAST...

##### MISS LESS SCHOOL



They attend an average of  
**1.5 more days**  
per year

##### DO BETTER IN MATH:



They average  
**17.5% higher**  
math test scores

**MORE ATTENDANCE** + **HIGHER MATH SCORES** =

**20%** more likely to graduate high school



#### AND KIDS WHO EAT BREAKFAST REAP THE BENEFITS AS ADULTS, TOO:



High school graduates on average earn

**\$10,000**  
more annually



Less likely to experience

**HUNGER**  
as adults



#### BUT HERE'S THE PROBLEM

**NOT ENOUGH KIDS ARE EATING SCHOOL BREAKFAST.**

**21 MILLION**

U.S. kids get free or reduced-price school lunch



**Only 1/2 of those kids**  
get breakfast, even though they're eligible



Too many kids are showing up to school hungry. And hungry kids can't learn.

#### BREAKFAST CAN CHANGE THEIR LIVES

**No Kid Hungry starts with breakfast**

Learn how you can help at [NoKidHungry.org/Breakfast](http://NoKidHungry.org/Breakfast)



Data via Share Our Strength's No Kid Hungry campaign, available at [NoKidHungry.org/Breakfast](http://NoKidHungry.org/Breakfast).