

# 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)



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