

For Immediate Release

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“Start Your Engines” with School Breakfast

Busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. However, US Department of Agriculture data show that more and more students are starting their day with a nutritious breakfast in their school cafeterias. The USDA School Breakfast Program currently serves **14 million students** every day. Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

National School Breakfast Week (NSBW) is March 4th through the 8th. The campaign theme, “Start Your Engines,” reminds us that school breakfast provides a healthy and energizing start to the day for students. Students are encouraged to “start their engines” with a healthy school breakfast.

Children and adults participating in the **Let’s Eat Healthy!** Program are learning about the importance of making healthy food choices and being physically active through classroom lessons and activities, parent workshops, and Zumba. For more nutrition or program information, please call (530) 889-7350, or visit our website at <https://ucanr.edu/sites/letseathealthy/>. “Like” us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.



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This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.