One of my students had a horrible time focusing in class. I began to think that he just didn’t care, so I pulled him aside and asked what was going on. He began to cry and told me that he couldn’t help it, he was just so hungry. It turns out the only meal he ate every day was his free lunch at school. His family couldn’t afford breakfast or dinner.

Faced with hunger and its effect on the classroom, educators take personal actions using their knowledge and wallets.

<table>
<thead>
<tr>
<th>Teachers Say</th>
<th>Amount Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>They teach students who regularly come to school hungry because there isn’t enough food at home.</td>
<td>$37 per month</td>
</tr>
<tr>
<td>They see hungry kids in their schools at least once a week.</td>
<td>$59 per month</td>
</tr>
<tr>
<td>Breakfast is critical to academic achievement.</td>
<td></td>
</tr>
<tr>
<td>Hungry children in their classroom is a serious issue—the highest level measured in the four years of conducting this research.</td>
<td></td>
</tr>
</tbody>
</table>

Half of teachers surveyed say:

- Hungry kids can’t concentrate: 88% agree
- Lack energy: 82% agree
- Show poor academic performance: 82% agree
- Cause discipline problems: 67% agree

Surveyed teachers say:

- 73% say: They teach students who regularly come to school hungry because there isn’t enough food at home.
- 87% say: They see hungry kids in their schools at least once a week.
- 90% say: Breakfast is critical to academic achievement.

One of my students had a horrible time focusing in class. I began to think that he just didn’t care, so I pulled him aside and asked what was going on. He began to cry and told me that he couldn’t help it, he was just so hungry. It turns out the only meal he ate every day was his free lunch at school. His family couldn’t afford breakfast or dinner.

Teacher in Florida

Faced with hunger and its effect on the classroom, educators take personal actions using their knowledge and wallets.

$37 per month

The average amount teachers who see hunger in their classrooms spend on food for their students. Over a school year, that could be as much as $300, or more than 5 tanks of gas.

$59 per month

The average amount principals are spending on food for students in their schools. Over a school year, that could be as much as $500—that’s about the cost of a car payment.
REWRITING SCHOOL SUCCESS: BREAKFAST AFTER THE BELL

Research shows school breakfast has a dramatic effect on student achievement.

Unfortunately, many kids have a difficult time getting a free or reduced-price breakfast in the morning, even though they qualify for the meal. Of the number of low-income students who eat school lunch (21 million), only half currently eat a school breakfast (about 11 million.) Barriers such as late bus schedules, conflicting priorities, and stigma associated with eating in the cafeteria while other kids socialize, stop many students from getting this meal.

There is a solution. Pioneering schools have found that moving breakfast out of the cafeteria and making it a part of the school day (breakfast after the bell) ensures more kids can start their day with a healthy meal.

EDUCATORS SEE POSITIVE RESULTS

Two out of three educators whose students eat breakfast after the bell are fans of the program.

77% LIKE KNOWING THEIR STUDENTS HAVE EATEN
75% LIKE KNOWING THAT THEIR STUDENTS ARE ENERGIZED AND READY TO LEARN
56% LIKE KNOWING THAT NO ONE IS SINGLED OUT OR STIGMATIZED

QUICK AND CONSTRUCTIVE

On average, teachers say eating breakfast in the classroom takes about 15 minutes. Teachers spend that time constructively on classroom activities.

76% SAY THEY TAKE ATTENDANCE
65% SAY THEY READ CLASSROOM ANNOUNCEMENTS
42% COLLECT HOMEWORK ASSIGNMENTS

Since we started our breakfast in the classroom program, being hungry at school has not been an issue for our students. Before the program, I had students who would come in hungry and not be able to concentrate on classwork. Students would fall asleep in class or be very irritable. After the program started, we saw improvements in attitude and classroom performance.

TEACHER IN MARYLAND

ONE CHANGE, MANY BENEFITS

EDUCATORS SAY SERVING BREAKFAST AFTER THE BELL WORKS.

SINCE IMPLEMENTING A BREAKFAST AFTER THE BELL PROGRAM:

76% have seen an improvement in student alertness during morning lessons
57% have seen an uptick in attendance
55% have seen a decrease in visits to the school nurse
54% say discipline problems have fallen
NO KID HUNGRY STARTS WITH BREAKFAST

By connecting kids in need with nutritious food and teaching their families how to cook healthy, affordable meals, Share Our Strength’s No Kid Hungry campaign surrounds children with healthy food where they live, learn and play. School breakfast programs are critical in ensuring kids are able to get the healthy food they need, every day.

The No Kid Hungry campaign promotes innovative school breakfast models which break down barriers and help more kids eat school breakfast. Programs like Breakfast in the Classroom, which makes healthy breakfast items available to students at their desks, and Grab N’ Go breakfasts, which provides portable, easy-to-eat items for students to take on their way into class, make breakfast the smart and easy choice for kids who need it.

“Breakfast challenges” provide rewards to schools that increase breakfast participation, and grants help schools implement new serving models. Both are proven, effective ways to increase participation.

The No Kid Hungry strategy is working. Since the start of the 2011 school year, the No Kid Hungry campaign has helped connect kids to more than 28 million additional school breakfasts.

Find out more about the power of school breakfast at NoKidHungry.org/BackToSchool

I recently had a student coming to school hungry. I connected him with our free school breakfast program. Within a couple of weeks, I saw a disinterested, unmotivated, uninvolved student become a talkative, humorous, optimistic scholar. His grades, class participation and even extracurricular activities all improved markedly.

TEACHER IN ILLINOIS

Hunger In Our Schools: Teachers Report 2013 is made possible by the generous support of C&S Wholesale Grocers.