

# Covington County Schools Child Nutrition Program November, 2015 Breakfast Newsletter



School Breakfast is proven to be good for children's bodies and their minds. Research shows that children who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities. So, why not start your kids off with school breakfast every day?

**ON ANY GIVEN DAY, 51% OF KIDS GO TO SCHOOL WITHOUT BREAKFAST**

## WHY EAT SCHOOL BREAKFAST?

1. High Academic Scores
2. Improved Behavior
3. Reduced tardiness and absenteeism
4. Less visits to the Nurse's Office

## WHY IS MILK SO GOOD FOR YOU?

Milk is rich in protein and calcium which help build the muscles you need to throw a ball or climb a tree. Milk is unique because no other beverage in the world contains as many natural nutrients.

Young children need the nutrients milk provides because their developing skeletal systems replace bone mass about every two years until they reach maturity.

Dairy is one of the five food groups in the official Food Guide Pyramid. Dairy includes milk and milk products like yogurt and cheese. An 8 ounce glass of milk provides a big percentage of your recommended daily allowance of vitamins and minerals:

17% protein	29% calcium
23% phosphorus	23% riboflavin
25% vitamin D	15% vitamin B-12



## FUN FACTS:

**AMAZING:** The average dairy cow gives 200<sup>3</sup>000 glasses of milk during her lifetime!

**DID YOU KNOW?** It is possible to lead a cow upstairs but not downstairs, because a cow's knees cannot bend properly to walk downwards

**FUN BOX:** In English cows make "moo", in Spanish "muuu", in French "meuh", in German "muh"—in Finnish they start with a vowel; they mak "ammuu".

**Privacy Act Statement:** This explains how we will use the information you give us. The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules. The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202)690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

# COVINGTON COUNTY SCHOOLS CHILD NUTRITION NEWSLETTER AUGUST, 2015

**EAT A HEALTHY SCHOOL BREAKFAST!**

## **FAST FACTS ABOUT BREAKFAST:**



**FACT:** Students who eat breakfast have better attention and memory. Research indicates the quality of foods children eat impacts cognition-with poor nutrition linked with absenteeism, hunger symptoms and psychosocial problems.

**FACT:** Students who eat school breakfast attend, on average, 1.5 more days of school per year and score 17.5% higher on standardized math test.

**FACT:** Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness. Providing students with breakfast in the school setting is associated with lower tardy rates and fewer disciplinary office referrals.

**FACT:** The School Breakfast Program significantly improves the cognitive abilities and learning capacities of children. Low-income children who receive school breakfast do better on a variety of indicators than low-income peers who go without breakfast. Significantly, the better outcomes associated with school breakfast include edu-



## **Quirky breakfast facts**

- The world's first breakfast cereal was created in 1863 and needed soaking overnight to be chewable
- The world record for the most people eating breakfast in bed is 289 and was set in Sydney, Australia on 2nd March in 2012. It involved 85 queen size beds containing four people each
- The world's largest breakfast on record involved 27,854 people and took place in Germany on 29 May 2005
- The largest bowl of porridge weighs 865 kg and was achieved in Tula, Russia on 10 September 2011

## **DID YOU KNOW:**

Breakfast literally means to break the fast after a long night's sleep. It is a crucial meal that refuels the body and the brain with energy and nutrients. Eating breakfast has been shown to improve mental alertness and physical performance.

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