

### **"Why Eat Breakfast?"**

- Behavioral, emotional and academic problems are more prevalent among children with hunger.
- Children who eat breakfast show improved cognitive function, attention and memory.
- Consuming breakfast improves children's performance on demanding mental tasks and reaction to frustration.
- Eating breakfast increases energy and ability to pay attention in school.
- Children who experience hunger are more likely to be hyperactive.
- Children who experience hunger are more likely to have difficulty getting along with other children.

At The Children's we believe that children should feel nourished, comfortable, and definitely loved. Starting off their day with a good, nutritional, and social breakfast makes them feel they are a part of their class and gives them time to be with friends.