

School Breakfast Program

Eating breakfast is linked to fewer behavioral issues in school, fewer visits to the nurse and improved academic achievement. The school breakfast program, administered by the Colorado Department of Education, has the same qualifications for a free or reduced-price school lunch program, yet far fewer children participate in school breakfast. Just 35% of Colorado students who qualified in the 2012-2013 school year participated.

In 2013, Colorado passed legislation to address those barriers. Beginning school year 2014-15, schools in which more than 80% of students qualifying for free or reduced price-lunch must offer free breakfast to every student enrolled after the school day begins. During the 2015-16 school year, it expands to schools with 70% or more students who qualify for free or reduced price lunch.

Studies show that breakfast is the most important meal of the day, especially for children. Eating school breakfast improves children's educational performance, behavior and health. As a parent, you can get involved in helping ensure that your children and other students get the most important meal of the day.



Hunger Free Colorado works with the Colorado Department of Education, school districts, schools and communities to increase participation in the School Breakfast Program, such as **Breakfast after the Bell**, so more students have a nutritious start to their school day.

Families who qualify can enroll their children in free or reduced-price school meals. Schools have a rolling application process, so families can apply and see if they qualify anytime throughout the year.

Check with your child's school about completing an application or call

Carri at 970-252-7918 or Kathy at 970-252-7912