



FAIRFAX COUNTY
PUBLIC SCHOOLS

Department of Financial Services

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Food and Nutrition Services has developed monthly Energy Zone articles that schools are welcome to use in your monthly parent newsletters. Below, you will find an article for your October newsletter.

Please note that only schools with a breakfast program should use the last paragraph.

BREAKFAST – A GREAT START TO BEING SMART

October is Breakfast Month in Fairfax County Public Schools. Breakfast is the most important meal of the day. It “breaks” the “fast” by replacing the energy reserves used overnight.

School aged children especially teens are the biggest breakfast skippers. Research shows students who eat breakfast:

- Learn better
- Are more alert and attentive
- Are more likely to participate in activities
- Eating breakfast may also reduce the risk of childhood obesity



If you have a breakfast skipper in your home, plan and offer quick nutritious choices such as juice, whole grain cereal and toast, breakfast bar, or bagels and milk or yogurt. Parents don't forget your own breakfast. You are a role model for your children.

The school breakfast program helps students whose parents work, students who are late starters, as well as those who come from low-income families. Breakfast is a nutritious bargain for \$1.50.