

# Bathroom Briefs

Your line to good health!

Developed by: Health Promotion & Disease Prevention  
Section, Forsyth County Department of Public Health



## School Breakfast

### Breakfast is the Most Important Meal of the Day.



For years now you have probably heard that breakfast is the most important meal of the day. Has anyone explained to you why? Winston-Salem/Forsyth County schools and Chartwell school dining services understand the importance of students eating or getting breakfast. As a leader in school dining, Chartwell serves over 51,300 students daily through well-balanced meals that appeal to students growing appetites. The minds of students that eat breakfast are well prepared to tackle the challenges of the school day.

Studies have shown that students who eat breakfast before school perform better in school. Standardize test scores and classroom participation improve when students are given the opportunity to eat breakfast before attending class. Chartwell services provide breakfast choices for all schools throughout the district.

**52% of students in Winston-Salem/Forsyth County Schools qualify for free or reduced lunch.**

In Winston-Salem/Forsyth County schools, over 52% of students qualify for free or reduced lunch. Those that receive this benefit are encouraged to take advantage of school breakfast.



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School breakfast encourages low-fat milk, 100% juice, whole grains, and fruit. Encouraging families to make healthier daily lifestyles choices is the sole mission of the Behealthy School Kids Program offered by the Forsyth County Department of Public Health. This nutrition education program targets Pre-K through 5<sup>th</sup> grade students at 16 Winston-Salem/Forsyth County Elementary Schools. Through collaboration with principles, teachers, students, and parents the Behealthy School Kids Campaign supports individual change and environmental policy change within the school system to enhance the health outcomes of students. For more information about Behealthy School Kids, please visit [www.forsyth.cc/publichealth/behealthy\\_school\\_kids.aspx](http://www.forsyth.cc/publichealth/behealthy_school_kids.aspx)

#### Healthy Breakfast Items

- Whole grain cereal
- Hard boiled egg
- Bowl of fruit
- Low-Fat milk
- 100% juice
- String cheese
- Low-Fat yogurt
- Oatmeal
- Turkey Sausage
- Turkey Bacon

Making healthier lifestyle choices begins with a well balanced breakfast. Preparing a good and nutritional breakfast for students in the morning can be as quick as adding milk to a bowl of cereal. The time invested in preparing breakfast is more valuable to students than the extra five minutes of sleep in the morning. Students that regularly skip breakfast are tardy and absent from school more often, and those students can develop physical, mental, and behavioral problems. Students growing bodies and developing brains need a well-balanced breakfast. The investment of eating breakfast before school is critical to the success of students. As parents, if the time commitment is the problem, consider packing a breakfast bar with a paper bag lunch, or enroll your student in the breakfast program at their school.

#### Resources and Additional Information

<http://www.webmd.com/diet/guide/most-important-meal>  
<http://www.chartwellsschooldining.com/wsfcs/content/home.asp>  
CDC.gov