

DISTRICT 211 PREPARES FOR UPCOMING NATIONAL SCHOOL BREAKFAST WEEK



During National School Breakfast Week, schools help encourage and educate students about why they shouldn't skip what is considered the most important meal of the day. For many students in the country, including some in District 211, access to a proper breakfast isn't always possible.

That is why District 211 is participating in National School Breakfast Week outlined by the School Nutrition Association. The week runs from March 3 and continues through March 7, and promotes the importance of breakfast to students and how it's beneficial not to skip.

"This week gives us a chance to focus on the importance of a nutritious breakfast served in our schools giving students a good start to their day," said Mary O'Connor, assistant to the Director of Food Services. "Breakfast is so important. Eating breakfast increases the students' energy and concentration. What a great way to start a day."

National School Breakfast Week was established in 1989 in coordination with the School Nutrition Association. It provides schools with the opportunity to highlight and promote the importance of school breakfast. Research has shown that students who eat breakfast have improved memory, problem-solving skills, and creative abilities. School breakfast provides daily servings of fruit, whole grains, and low fat and fat free milk as well as meeting federal nutrition guidelines based on the Dietary Guidelines for Americans.



Each school has their own campaign to promote eating breakfast. Fremd High School is doing a breakfast with the principal on March 4. Conant High School's Food Service staff will be wearing specially designed breakfast t-shirts to remind students the importance of eating breakfast. Hoffman Estates High School will be highlighting available Grab and Go breakfast options and posting breakfast fact sheets and information by all cashiers. Palatine High School will have a healthy, hot oatmeal bar with toppings available along with participation drawings on March 4. Lastly, Schaumburg High School will give fresh fruit to all students who purchase a meal, as well as breakfast trivia with prizes during the week at breakfast.

For more information on National School Breakfast Week, please visit the School Nutrition Association's [website](#).