



CALIFORNIA  
DEPARTMENT OF  
EDUCATION

**TOM TORLAKSON**

STATE SUPERINTENDENT OF PUBLIC INSTRUCTION

September 21, 2011

Dear County and District Superintendents, Charter School Administrators, and Nutrition Service Directors:

**IMPROVING STUDENT NUTRITION AND ACADEMIC ACHIEVEMENT  
THROUGH SCHOOL BREAKFAST PROGRAMS**

I am proud to be the new honorary chair of the BreakfastFirst Campaign. Promoting the School Breakfast Program (SBP) is integral to my Team California for Healthy Kids campaign, which focuses on making **healthy choices** the **easy choices**.

In alignment with the Team California goal to promote good eating habits, BreakfastFirst aims to ensure that all students are served an optimally nutritious breakfast using innovative models such as Classroom Breakfast, Grab-and-Go, and Second Chance Breakfast. These models are known to dramatically increase participation, bringing the benefits of school breakfast to the maximum number of students.

Research confirms the clear connection between health, learning, and attendance. Healthy children are more successful in school, miss fewer days of school, are more attentive and well behaved, and are more likely to graduate from high school and go to college. Healthy students not only excel academically, but also are more likely to be positively engaged in social, community, and extra-curricular activities.

The implementation of inventive models like Classroom Breakfast links nutrition to our joint goal of increasing academic achievement in school. In most cases, the breakfast can be completely supported by federal and state meal reimbursement. In addition, as former Superintendent Jack O'Connell and State Controller John Chiang shared in a joint letter last year, "As long as the breakfast is served and eaten in the classroom while otherwise allowable instructional activities are underway, the time will not be considered free time by auditors . . . The SBP is an easy way to enhance children's health and improve their academic achievement." The full letter is located on the CDE Breakfast in the Classroom - Letters Web page at <http://www.cde.ca.gov/nr/el/le/yr10jtltr0701.asp>.

I urge you to expand your School Breakfast Program (especially outside of the cafeteria) to serve the nutritional needs of your students and to strengthen their academic performance.

If you would like information on innovative breakfast models, visit the California Food Policy Advocates Web site for the BreakfastFirst Campaign at <http://www.BreakfastFirst.org> (Outside Source). You may also contact your Field Services Unit Child Nutrition Consultant by phone at 916-445-0850 or 800-952-5609.

Sincerely,

Tom Torlakson

TT:cc