



BETTER WITH BREAKFAST

HOW PARENTS AND COMMUNITY MEMBERS CAN HELP

United Way for Southeastern Michigan works with school districts to implement alternative and universal breakfast models. You can help expand the breakfast program in your child's school.

HERE ARE A FEW WAYS TO GET STARTED:

- 1 Learn more about what your school is doing to meet student needs and ensure they are ready to learn. We're here to help! Email us at Breakfast@LiveUnitedSEM.org.
- 2 Your school district is required to have a local wellness policy. Contact your district to see if theirs includes language about breakfast. If it doesn't, advocate for the inclusion of alternative breakfast models. Students who eat school breakfast achieve 17.5 percent higher scores on standardized math tests, visit the school nurse less and attend, on average, 1.5 more days of school per year.
- 3 Share your interest in expanding access to breakfast with teachers, your school administrator, or your school's food service department and gauge their interest.
- 4 Bring your questions, comments and concerns about access to school breakfast to school district leadership and the school board.
- 5 School breakfast programs are tied to federal, state and local policies that often come up for debate. Visit UnitedWaySEM.org/Breakfast to learn how school breakfast works, and join our email list at UnitedWaySEM.org/Advocate to be notified when you can help advocate for policies that support school breakfast.

WANT TO GET INVOLVED? CONTACT US AT
[BREAKFAST@LIVEUNITEDSEM.ORG](mailto:Breakfast@LiveUnitedSEM.org).

GIVE. ADVOCATE. VOLUNTEER.






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