

# CATCH Your Child at Their Best!

Dear Parents and Guardians,

Breakfast has been promoted over the years as the most important meal of the day. The CATCH Program recognizes the benefits of breakfast and wants everyone to know that breakfast isn't just for testing days!

It's a fact: hungry children have a harder time doing their best work. According to the Centers for Disease Control and Prevention, breakfast is good for the brain and can affect children's academic performance. Research has shown that children that eat breakfast have:

- **Higher academic scores**, including math, reading, and standardized test scores;
- **Improved health** and fewer health-related absences; and,
- **Improved behavior** in school – students are more focused and prepared to learn!

Help your child begin their school day with a healthy breakfast. The School Breakfast Program is available to all students every weekday morning at your school. But, if your child eats breakfast at home, be sure they eat a healthy GO Breakfast and offer a serving of:

- Low-fat milk or dairy,
- Fresh fruit or 100% juice,
- Whole grains (cereal, bread or other whole grains), and/or
- Lean meat or a meat alternate, such as eggs or peanut butter on toast.



The CATCH Program supports student achievement through sound nutrition, physical activity, health education and awareness, and coordinated efforts that include:

- School administrators,
- Teachers, and
- Families and the community.

Thank you for your part to make sure your child begins each school day with a healthy GO Breakfast, and they are alert, well fed, and ready to learn!

**A Healthy Diet + Physical Activity =  
Academic Achievement and Success**

Sincerely,

The CATCH Team

