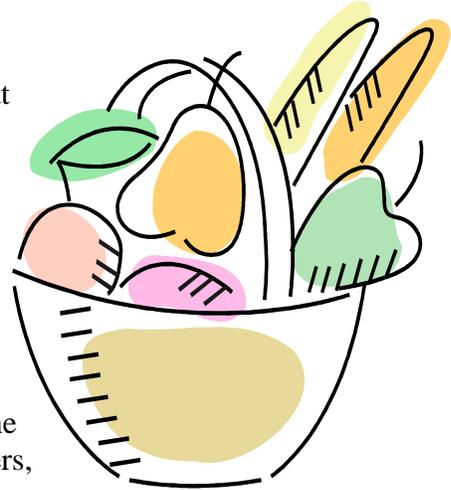


## *Students – Join Us for a Nutritious Breakfast*

### *Universal Free Breakfast Program*

Universal Free Breakfast (UBP) is an innovative method that can jump start a child's day with nutrition. UBP is a unique opportunity that brings the academic and health benefits of eating a nutritious breakfast to every child who needs it. This program provides a real educational boost to children who are hungry and can also be a simple solution to a serious problem – hungry children can't learn. Regardless of family income, numerous children come to school hungry due to factors such as parents' job demands, limited finances, rushed schedules and long commutes to school. The Universal Breakfast Program can help to remove these barriers, and improve breakfast participation.



All of the breakfast meals will follow the Offer versus Serve (OVS) serving method which allows the student to select nutritious options for example: milk, fresh fruit or juice, fortified or whole grain products.

### *Breakfast*

With the OVS serving method, schools must offer students all three required food components in at least the minimum required amounts:

- ½ cup fruit and/or juice
- 1 serving of whole grains and/or protein
- Choice of nonfat and low fat flavored or unflavored milk

The Universal Breakfast program will not interrupt the daily busing schedules or the learning environment. Under the Healthy, Hungry – Free Kids Act 2010, teachers in North Carolina can actually use the Universal Breakfast program as creditable teaching time. From reading and journaling, to discussions about food, farming, health and nutrition – there are so many ways to use breakfast time as nutritional teaching time for building life-long eating habits. In addition, research shows that children who participate in Universal Free Breakfast tend to have improved attendance, less tardiness, increased attention span and better student outcomes. Overall, it is a winning combination of academics and nutrition!

For additional information about the program you may call the Child Nutrition Department at (252)-745-4171, ext. 638 or 639.