



**Arizona Department of Education
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**State and Local Celebrities to Help Arizona Students
“Make the Grade with School Breakfast” March 2-6, 2015**

2015 National School Breakfast Week highlights nutritious options available to Arizona students

(Phoenix, AZ – Feb. 27, 2015) – As part of 2015 National School Breakfast Week from March 2-6, 2015, schools across Arizona will participate in breakfast-themed activities celebrating that children who eat breakfast at school start the day ready to learn.

Studies have shown that students who eat school breakfast have higher test scores, better classroom behavior and miss fewer days of school. However, participation in school breakfast is less than half the participation in the National School Lunch Program. National School Breakfast Week is designed to bridge that gap by raising awareness and increasing participation in the School Breakfast Program.

“Too many children are arriving at school hungry and we know learning is harder for hungry children,” said Mary Szafranski, Associate Superintendent at the Arizona Department of Education. “A healthy breakfast helps students focus in the classroom and perform better. That’s why we are highlighting the healthy breakfasts that are available every morning in Arizona schools.”

The 2015 National School Breakfast Week theme, “Make the Grade with School Breakfast” reminds everyone in the school community – parents, students, teachers, and administrators – that a healthy school breakfast helps students fuel up for a day of learning and academic success. ADE has coordinated a state-wide celebrity celebration where state and local celebrities will be in school cafeterias helping serve breakfast to encourage students to start every day with breakfast at school. Scheduled appearances include Drew Stanton of the Arizona Cardinals and Alexa Rogers and Amber Barto, Miss Arizona and Miss Arizona’s Outstanding Teen. Also appearing will be representatives from the Miss Arizona Organization, Arizona State University and the University of Arizona. The attached list provides details of the sites, dates and celebrities who will be participating in this week-long celebration.

In Arizona, more than 1,600 schools offer students the opportunity to start the day with a healthy meal. School breakfasts include whole-grain rich grain items like bagels, reduced sugar cereals, and whole grain cinnamon rolls or muffins, up to one cup of fruit, and two varieties of milk. Most school breakfasts cost less than \$2.00, and low-income families can apply to receive free or reduced price meals. Families can contact their school cafeteria managers or district food service directors to apply for these meal benefits.

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program (SBP) to all children and to promote the links between eating a good breakfast, academic achievement and healthy lifestyles.

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