SAMPLE LOCAL POLICY:

NATIONAL SCHOOL BREAKFAST WEEK

PROCLAMATION & RESOLUTION

**INTRODUCTION**

[National School Breakfast Week](https://schoolnutrition.org/meetings/events/nsbw/2022/) is an annual opportunity to promote and highlight the success of school breakfast programs in communities across the country. State and local lawmakers and advocates can use this opportunity to draw attention to and provide public support for school breakfast programs and the events surrounding National School Breakfast Week.

This resource provides local policymakers and advocates with sample language to use in a Mayoral School Breakfast Proclamation or City Council Resolution. Consult the [*Companion Guide*](https://bestpractices.nokidhungry.org/resource/national-school-breakfast-week-proclamation-and-resolution-sample-policies-companion-guide)[<https://bestpractices.nokidhungry.org/resource/national-school-breakfast-week-proclamation-and-resolution-sample-policies-companion-guide>] for instructions and data to complete the state-specific information included in the proclamation and resolution.

**SAMPLE MAYORAL PROCLAMATION**

**WHEREAS,** the School Breakfast Program has served our nation admirably since it was permanently established in 1975, and reaches some 15 million children across 91,000 schools and institutions in the United States each day, based on pre-pandemic data;[[1]](#footnote-1) and

**WHEREAS**, the School Breakfast Program meets the nutritional needs of children, improves food security, and advances child health and well-being[[2]](#footnote-2) by providing nutritionally balanced breakfasts to school children each day; and

**WHEREAS**, school-aged children who experience hunger are more likely to be absent from school, visit the school nurse, and experience more challenges than children with a nutritious diet, and skipping breakfast has consistently been linked with worse academic and health outcomes for children;[[3]](#footnote-3) and

**WHEREAS**, eating breakfast improves children’s overall diets,[[4]](#footnote-4) builds healthy, lifelong eating habits and enhances their ability to learn and perform academically;[[5]](#footnote-5) and

**WHEREAS**, making breakfast a part of the school day, commonly known as Breakfast After the Bell, and offering breakfast to all students at no cost are desirable and effective ways to ensure more students realize the benefits of breakfast;[[6]](#footnote-6) and

**WHEREAS**, the federal Community Eligibility Provision offers eligible schools the ability to serve breakfast to all students at no cost, increasing food security and academic outcomes, while also allowing schools to eliminate the collection of paper applications, reduce administrative costs, streamline meal service operations and increase the reimbursements schools receive from federal child nutrition programs;[[7]](#footnote-7) and

**WHEREAS**, [NUMBER-COMPANION COLUMN C] breakfast meals were served in [STATE] in 2019, reaching [NUMBER-COMPANION COLUMN D] students;[[8]](#footnote-8) and

**WHEREAS**, parents, caregivers, teachers, and school food personnel all play an essential role to ensure the children of [CITY] have the basic resources needed to grow, learn, discover their own potential, and live happy fulfilling lives; and

**WHEREAS**, No Kid Hungry offers information, tools, resources and grants to support schools in implementing and expanding school breakfast programs[[9]](#footnote-9) and the School Nutrition Association offers free materials to help schools commemorate “National School Breakfast Week" including artwork to decorate their meal serving areas, toolkits and handouts, sample menu items, marketing materials, and suggested promotional activities, including games, activities and contests;[[10]](#footnote-10) and

**WHEREAS**, my administration is committed to helping expand access to and enhance current school breakfast programs to ensure that our children have the means to succeed.

**THEREFORE, BE IT RESOLVED** that I, [FIRST NAME] [LAST NAME], Mayor of [CITY], do hereby proclaim March 7-11, 2022, as SCHOOL BREAKFAST WEEK. I encourage all residents of [CITY] to recognize and commemorate school administrators, food service directors, and cafeteria staff who operate school breakfast programs that ensure the health, safety, and success of our children.

**SAMPLE CITY COUNCIL RESOLUTION**

Recognizing the week of March 7 through 11, 2022, as "School Breakfast Week" in [CITY].

**WHEREAS**, "National School Breakfast Week" is observed annually to promote the importance of a nutritious breakfast to student health and learning, and to recognize the critical role of the School Breakfast Program in meeting the nutritional needs of children across the United States; and

**WHEREAS**, [PERCENT-COMPANION COLUMN B] children are food insecure in [STATE],[[11]](#footnote-11) a reality made worse by the COVID-19 pandemic, and

**WHEREAS**, school-aged children who experience hunger are more likely to be absent from school, visit the school nurse, and experience more challenges than children with a nutritious diet;[[12]](#footnote-12) and

**WHEREAS,** a school breakfast is often the only morning meal available to many children, and helps improve their overall diet,[[13]](#footnote-13) builds healthy, lifelong eating habits and enhances their ability to learn and perform academically,[[14]](#footnote-14)

**WHEREAS**, the School Breakfast Program, administered by the Food and Nutrition Service of the United States Department of Agriculture, provides nutritious breakfast options

in accordance with the Dietary Guidelines for Americans to nearly 15 million children across 91,000 schools and institutions in the United States each day, based on pre-pandemic data;[[15]](#footnote-15) and

**WHEREAS**, the [STATE] [AGENCY NAME-COMPANION COLUMN E],[[16]](#footnote-16) recognizing the value of adequate and proper nutrition for each child, administers the School Breakfast Program in this State; and

**WHEREAS**, local school food authorities operate the School Breakfast Program in [STATE], which served [NUMBER-COMPANION COLUMN C] breakfast meals in 2019, reaching [NUMBER-COMPANION COLUMN D] students;[[17]](#footnote-17) and

**WHEREAS**, No Kid Hungry offers information, tools, resources and grants to support schools in implementing and expanding school breakfast programs[[18]](#footnote-18) and the School Nutrition Association offers free materials to help schools commemorate “National School Breakfast Week" including artwork to decorate their meal serving areas, toolkits and handouts, sample menu items, marketing materials, and suggested promotional activities, including games, activities and contests.[[19]](#footnote-19)

**THEREFORE, BE IT** **RESOLVED** that the [CITY] City Council hereby recognizes the week of March 7 through 11, 2022 as "National School Breakfast Week"; and

**BE IT FURTHER RESOLVED**, that the [CITY] City Council expresses its appreciation to school administrators and foodservice professionals who make the School Breakfast Program work in our schools; and

**BE IT FURTHER RESOLVED**, that the [CITY] City Council encourages [CITY] schools to likewise commemorate the critical role of school breakfast programs and school administrators, food service directors, and cafeteria staff who make them possible for the health, safety, and success of our children.

1. U.S. Department of Agriculture. *Make Breakfast First Class.* Nov. 2020, <https://fns-prod.azureedge.net/sites/default/files/resource-files/MakeBreakfastFirstClass.pdf>. [↑](#footnote-ref-1)
2. Bartfeld JS, Ahn HM. The School Breakfast Program strengthens household food security among low-income households with elementary school children. *J Nutr*. 2011;141(3):470-475. doi:10.3945/jn.110.130823. [↑](#footnote-ref-2)
3. Monzani A, Ricotti R, Caputo M, et al. A Systematic Review of the Association of Skipping Breakfast with Weight and Cardiometabolic Risk Factors in Children and Adolescents. What Should We Better Investigate in the Future?.*Nutrients*. 2019;11(2):387. doi:10.3390/nu11020387; Ricotti R, Caputo M, Monzani A, et al. Breakfast Skipping, Weight, Cardiometabolic Risk, and Nutrition Quality in Children and Adolescents: A Systematic Review of Randomized Controlled and Intervention Longitudinal Trials. *Nutrients*. 2021;13(10):3331. doi:10.3390/nu13103331. [↑](#footnote-ref-3)
4. O'Neil CE, Nicklas TA, Fulgoni VL 3rd. Nutrient Intake, Diet Quality, and Weight Measures in Breakfast Patterns Consumed by Children Compared with Breakfast Skippers: NHANES 2001-2008. *AIMS Public Health*. 2015;2(3):441-468. doi:10.3934/publichealth.2015.3.441. [↑](#footnote-ref-4)
5. Adolphus K, Lawton CL, Champ CL, Dye L. The Effects of Breakfast and Breakfast Composition on Cognition in Children and Adolescents: A Systematic Review. *Adv Nutr*. 2016;7(3):590S-612S. doi:10.3945/an.115.010256. [↑](#footnote-ref-5)
6. Soldavini J, Ammerman AS. Serving Breakfast Free to All Students and Type of Breakfast Serving Model Are Associated with Participation in the School Breakfast Program. *J Acad Nutr Diet*. 2019;119(7):1142-1149. doi:10.1016/j.jand.2019.03.001. [↑](#footnote-ref-6)
7. Hecht AA, Pollack Porter KM, Turner L. Impact of The Community Eligibility Provision of the Healthy, Hunger-Free Kids Act on Student Nutrition, Behavior, and Academic Outcomes: 2011-2019. *Am J Public Health*. 2020;110(9):1405-1410. doi:10.2105/AJPH.2020.305743. [↑](#footnote-ref-7)
8. Child Nutrition Tables, Data & Research, U.S. Department of Agriculture, <https://www.fns.usda.gov/pd/child-nutrition-tables> [↑](#footnote-ref-8)
9. No Kid Hungry, Center for Best Practices, <https://bestpractices.nokidhungry.org/programs/school-breakfast>. [↑](#footnote-ref-9)
10. School Nutrition Association, <https://schoolnutrition.org/meetings/events/nsbw/2021/>. [↑](#footnote-ref-10)
11. State-By-State Resource: The Impact of the Coronavirus on Food Insecurity, Feeding America, March 2021, <https://feedingamericaaction.org/resources/state-by-state-resource-the-impact-of-coronavirus-on-food-insecurity/>. [↑](#footnote-ref-11)
12. Monzani A, Ricotti R, Caputo M, et al. A Systematic Review of the Association of Skipping Breakfast with Weight and Cardiometabolic Risk Factors in Children and Adolescents. What Should We Better Investigate in the Future?.*Nutrients*. 2019;11(2):387. doi:10.3390/nu11020387; Ricotti R, Caputo M, Monzani A, et al. Breakfast Skipping, Weight, Cardiometabolic Risk, and Nutrition Quality in Children and Adolescents: A Systematic Review of Randomized Controlled and Intervention Longitudinal Trials. *Nutrients*. 2021;13(10):3331. doi:10.3390/nu13103331. [↑](#footnote-ref-12)
13. O'Neil CE, Nicklas TA, Fulgoni VL 3rd. Nutrient Intake, Diet Quality, and Weight Measures in Breakfast Patterns Consumed by Children Compared with Breakfast Skippers: NHANES 2001-2008. *AIMS Public Health*. 2015;2(3):441-468. doi:10.3934/publichealth.2015.3.441. [↑](#footnote-ref-13)
14. Adolphus K, Lawton CL, Champ CL, Dye L. The Effects of Breakfast and Breakfast Composition on Cognition in Children and Adolescents: A Systematic Review. *Adv Nutr*. 2016;7(3):590S-612S. doi:10.3945/an.115.010256. [↑](#footnote-ref-14)
15. Make Breakfast First Class*,* U.S. Department of Agriculture, Nov. 2020, <https://fns-prod.azureedge.net/sites/default/files/resource-files/MakeBreakfastFirstClass.pdf>. [↑](#footnote-ref-15)
16. Contact Map, U.S. Department of Agriculture, <https://www.fns.usda.gov/contacts/contact-map>. [↑](#footnote-ref-16)
17. Child Nutrition Tables, Data & Research, U.S. Department of Agriculture, <https://www.fns.usda.gov/pd/child-nutrition-tables> [↑](#footnote-ref-17)
18. No Kid Hungry, Center for Best Practices, <https://bestpractices.nokidhungry.org/programs/school-breakfast>. [↑](#footnote-ref-18)
19. School Nutrition Association, <https://schoolnutrition.org/meetings/events/nsbw/2021/>. [↑](#footnote-ref-19)