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articles

## Perry County Schools receive grant to boost school breakfast

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Perry County Schools were recently awarded \$12,000 from the Kellogg's Share Your Breakfast program to support efforts to increase the number of students who eat school breakfast each day.

In addition to this funding, Perry County Schools will also receive significant assistance from Action for Healthy Kids (AFHK) in the form of people, programs, management, support, and policy expertise surrounding the National School Breakfast Program.

These eleven local schools are among 95 schools from 26 different states receiving support through AFHK's and Kellogg's joint commitment to get one million breakfasts to kids in need during the 2011-2012 school year. In all, the awarded schools have an enrollment of 65,555 students, with 76 percent qualifying for free and reduced meals and 76 percent opting for school lunch. Meanwhile, only 36 percent participate in the School Breakfast program.

"There's no question these are very challenging economic times," says John Cain, State Co-Chair of Kentucky Action for Healthy Kids. "So it's not surprising that one in five kids in this country are sent to school each day from homes where food is not always available, making breakfast hard to come by. At the same time, research supports a positive link between breakfast and performance. That's why the Share Your Breakfast program is so important. We're helping schools take advantage of the national School Breakfast Program, which is an important safety net for the nation's most vulnerable children."

Together, the contributions from Kellogg's and AFHK will be used by each Perry County school to develop a Grab and Go breakfast option. This new option will provide increased access to breakfast outside the traditional cafeteria setting, and ultimately, decrease the number of kids missing out on the crucial first meal of the day.

"Implementing an effective way to ensure more Perry County Central HS students eat school breakfast is an easy decision for us," says Principal Estill Neace. "Numerous research studies have shown a connection between increased student participation in the school breakfast program and improved attendance, better math grades as well as greater performance on standardized tests. It's a true best practice for schools to follow."

During the 2009-10 School Year, nearly 99 percent of Kentucky schools participated in the National School Breakfast Program with 193,410 low-income children eating school breakfast on an average day. Roughly 58 out of every 100 low-income Kentucky kids who participated in the school lunch program also participated in the school breakfast program. As a result, Kentucky ranked 6th among all states and the District of Columbia in the number of low income students who ate breakfast at school. However, if Kentucky schools boosted participation to serve 60 low-income children breakfast for every 100 low-income kids served lunch, nearly 9000 more children would be eating a healthy school breakfast every day. This would also generate an additional \$2.1 million in federal



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Hazard, Kentucky



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child nutrition funds for Kentucky schools.

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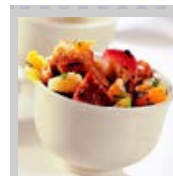
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An advertisement for Sykes Enterprises. On the left, there is a small image of a person wearing glasses and a headset, looking at a computer screen. To the right of this image, the text reads "Careers Begins With Us!" in bold, followed by "Sykes Enterprises 487-2280" in a larger font, "Real People — Real Solutions" in a script font, and "We Are The Future of South East Kentucky" in a bold font. On the far right of the advertisement is the "SYKES ENTERPRISES" logo in a stylized, bold font.

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