# ENSURE ACCESS TO SCHOOL BREAKFAST IN NH

NH HUNGER SOLUTIONS
ENDING HUNGER IN NEW HAMPSHIRE

A small number of schools in NH offer lunch but not breakfast. State law currently only requires schools to serve one meal.

**But breakfast is critical to student success. Hungry children can't learn, and many students do not have reliable access to a healthy breakfast at home.**

## Why Breakfast AND Lunch?

**Kids who eat breakfast in school have:**

- Improved academic outcomes
- Reduced food insecurity
- Fewer school nurse visits related to hunger
- Reduced behavior issues
- Healthier body weight
- Reduced levels of chronic disease
- Higher test scores
- Higher graduation rates

## The Solution

There are 28 public schools and 38 charter schools in NH who offer lunch but not breakfast. Ensuring all students have access to two meals is already something that most schools do. Let's make sure all children have access to the nutrition they need to succed!




## Why This Matters:

**Requiring all schools to offer lunch and breakfast ensures that all children have the nutrition they need to learn, grow, and thrive.**

**When kids eat school breakfast, they can succeed in school.**