



Dear Parents,

We are committed to making sure that all of our students are fully prepared for academic success. Every student gets the same resources and tools for learning. Textbooks, desks and a school nurse but what they don't always get is food. As we all recognize that hungry children cannot learn, the first step is ensuring that all students begin the school day with a nutritious breakfast at home or at school.

The Universal Breakfast Program is **FREE** to all students every weekday morning at your child's school. It is a great way to start the day. Every child gets a meal so no social stigma is attached and no child has to worry about being fed. It levels the playing field. They can focus on academics and not being hungry.

No advance registration is necessary; your child can enjoy breakfast every day at school. These supervised meals meet all government nutritional guidelines, and our staff is working to provide students with a variety of choices. The delivery process varies from school to school. The kitchen packs up the meals for delivery and sometimes it goes directly to the classroom or sometimes the children eat in the cafeteria.

Universal **FREE** Breakfast is an ideal solution on mornings when kids are running late or parents have early commitments. Whatever the reason, if breakfast at home is not convenient, please take advantage of breakfast here at school. With cooperation from all that is involved, it can make a big difference in a child's academics, as well as, health.

Eating breakfast is important for everyone, but is especially so for children and adolescents. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skill and eye-hand coordination.

Did you know, studies show that eating a healthy breakfast can help you ...

- Obtain a more nutritionally complete diet, higher in nutrients, vitamins and minerals
- Improve concentration and performance in the classroom
- Provide more strength and endurance to engage in physical activity
- Lower cholesterol levels

Thank you for helping us to make sure that all of our students start the school day alert, well fed and ready to learn.

Sincerely,

Your Team at AVI Foodsystems, Inc.

