

Dr. Martin Karp, School Board Member

**SUBJECT:           REQUEST THAT THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA PROMOTE THE SCHOOL BREAKFAST PROGRAM IN CONJUNCTION WITH "WALK OUR CHILDREN TO SCHOOL DAY"**

**COMMITTEE:       INNOVATION, EFFICIENCY AND GOVERNMENTAL RELATIONS**

**LINK TO DISTRICT STRATEGIC PLAN:       IMPROVE STUDENT HEALTH**

At the June 17, 2009 meeting, the School Board approved Item H-4, which directed the Superintendent to encourage all Miami-Dade County Public Schools to participate in the International "Walk Our Children to School Day" on October 7, 2009.

A unique opportunity exists to promote the District's School Breakfast Program on this day by inviting all parents and guardians who walk to school, to remain at the site and enjoy breakfast with their children. In addition, parental involvement is promoted, which ultimately benefits students.

The Miami-Dade County Public School's Breakfast Program was enacted to ensure that school children are being served a nutritious breakfast daily. The meal provides one-fourth the Recommended Dietary Allowances for school age children over a week period and complies with the Dietary Guidelines for Americans. Studies conclude that students who have breakfast at school eat more fruit, drink more milk and consume less saturated fat than those who don't eat breakfast. Miami-Dade County School breakfast menus include whole-grain pancakes, eggs and grits and low-fat milk, fresh fruit, cereal and toast are offered daily. Menus are selected from student responses to surveys and taste-testing.

Many children do not eat a nutritious breakfast every morning. Often, families are living on very tight budgets and cannot afford to provide good breakfasts at home. In other instances, time is more of an issue rather than income. Families today live busy lives that often make it difficult to sit down long enough in the morning to eat a nutritious breakfast.

National studies indicate that students who eat school breakfast have improved math grades and reading scores, increased attention, reduced absence and tardy rates, and improved psycho-social behavior. With many adults expected to participate in "Walk Our Children to School Day," efforts should be made to encourage them to stay at the school and have breakfast with their children that same day. School breakfast is available at no charge to all Miami-Dade County Public School students and is \$2.00 for adults and non-students. Federal meal reimbursements received fund the Universal Free Breakfast Program for

students, and the charge for adults and non-students cover costs that are not reimbursed or subsidized by the government.

**ACTION PROPOSED BY  
DR. MARTIN KARP:**

That The School Board of Miami-Dade County, Florida directs the Superintendent to:

1. continue encouraging student participation in the School Breakfast Program at all Miami-Dade County Public Schools; and,
2. encourage adult participation, if feasible, in the School Breakfast Program on October 7, 2009 in conjunction with the International "Walk Our Children to School Day."