

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 INTERNATIONAL "WALK TO SCHOOL DAY"

COMMITTEE: PERSONNEL SERVICE AND STUDENT AND SCHOOL SUPPORT

LINK TO STRATEGIC BLUEPRINT: SAFE, HEALTHY AND SUPPORTIVE LEARNING ENVIRONMENT

At the August 5, 2015 Board meeting, the School Board approved Item H-5, proffered by Ms. Perla Tabares Hantman, Chair, which directed the Superintendent to encourage all Miami-Dade County Public Schools to participate in International "Walk to School Day" on October 7, 2015.

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 which are offered daily include whole-grain toast, eggs and grits, low-fat milk, fresh fruit, and cereal. 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 International "Walk 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, 2015 in conjunction with the International "Walk to School Day."