Help your students make the rest of the year the best it can be!
Join the Minnesota School Breakfast Challenge to see how easy — and important — it is to provide a healthy breakfast and a great start for every student!

**Challenge Details**

All Minnesota schools are eligible to participate in the challenge and win prizes. The challenge begins Monday, March 2, 2020 and coincides with National School Breakfast Week.

**Start:** Monday, March 2, 2020  
**End:** Friday, March 31, 2020

**Prizes & Recognition**

First place ($1,000) and second place ($750) prizes will be awarded to schools in each of the following categories:

- **District enrollment greater than 875 students**
- **District enrollment between 275 and 875 students**
- **District enrollment less than 275 students**

Principals, superintendents, nutrition services staff and elected officials will also be eligible for recognition. More details to come!

**School Breakfast Grants**

All schools participating in the Minnesota School Breakfast Challenge are eligible to apply for No Kid Hungry Breakfast grants to support their School Breakfast Challenge participation. **Click here to learn more.**

**Questions?**

Please contact Theresa McCormick at tmccormick@2harvest.org or 651-282-0869.

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**Breakfast is the most important meal of the day and kids who eat it are:**

**MORE LIKELY TO**
- Score high on standardized tests
- Get better grades
- Maintain a healthy weight
- Have healthier levels of nutrients, like calcium, in their diets
- Be able to complete complex tasks
- Be able to concentrate

**LESS LIKELY TO**
- Miss school
- Get to class late
- Go to the nurse’s office
- Be obese
- Be hyperactive
- Behave badly and act out
- Be frustrated by difficult tasks

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Serving breakfast after the bell can reduce absenteeism by an average of **six** percentage points.