

HEALTHY BREAKFAST

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41

WHEREAS, The PTA has been concerned with nutrition since its founding in 1897; and

WHEREAS, Breakfast significantly contributes to children's daily nutrient intake providing nutrients that are not made up at other meals or snacks when breakfast is skipped; and

WHEREAS, Regular consumption of a healthy breakfast positively affects school performance, including significantly higher standardized test scores, improved attendance and reduced tardiness; and

WHEREAS, As many as 25% of elementary school aged children skip breakfast completely, with the percentage increasing up to 60% by teenage years; therefore be it

RESOLVED, That through programs and other communications, the Tennessee PTA and its various units stress the importance of every student receiving a healthy breakfast either at home or at school; and be it further

RESOLVED, That the Tennessee PTA and its various units promote participation in a school breakfast program; and be it further

RESOLVED, That the Tennessee PTA and its various units form breakfast promotion coalitions with health departments, agricultural extension services, dietetic associations, the medical community, school boards, teachers and school administrators, school nurses, school food services, the media and other concerned community leaders to significantly increase the number of children eating a healthy breakfast in Tennessee.

Adopted by the 1995 Convention Delegates
Reaffirmed by the 2000 Convention Delegates

Tabled by Resolutions Committee until – February, 2006