



Try school breakfast!

Hudson City Schools offers breakfast daily for students at Evamere Elementary, Ellsworth Hill Elementary, East Woods School, Hudson Middle School, and Hudson High School. A breakfast at school provides a well-rounded source of nutrition to start the day off right for your student!

Breakfast Serving Times:

Evamere: 8:50 to 9:25am

Ellsworth Hill: 8:50 to 9:25am

East Woods: 7:45 to 8:15am

Hudson Middle School:

7:30 to 9:30am

Hudson High School:

7:30 to 9:30am

Price: \$1.75 to \$2.00

BREAKFAST CHANGES LIVES

..... HOW?

KIDS WHO EAT SCHOOL BREAKFAST...

MISS LESS SCHOOL
They attend an average of **1.5 more days** per year

DO BETTER IN MATH:
They average **17.5% higher** math test scores

MORE ATTENDANCE + HIGHER MATH SCORES =

20% more likely to graduate high school

AND KIDS WHO EAT BREAKFAST REAP THE BENEFITS AS ADULTS, TOO:

High school graduates on average earn **\$10,000** more annually

Less likely to experience **HUNGER** as adults

BUT HERE'S THE PROBLEM

NOT ENOUGH KIDS ARE EATING SCHOOL BREAKFAST.

21 MILLION U.S. kids get free or reduced-price school lunch

Only 1/2 of those kids get breakfast, even though they're eligible

Too many kids are showing up to school hungry. And hungry kids can't learn.

BREAKFAST CAN CHANGE THEIR LIVES

No Kid Hungry starts with breakfast

Learn how you can help at NoKidHungry.org/Breakfast

NOKID HUNGRY **Deloitte** Supported by **Kellogg's**

Data via Share Our Strength's No Kid Hungry campaign, available at NoKidHungry.org/Breakfast.