



A PROCLAMATION RECOGNIZING SCHOOL BREAKFAST WEEK MARCH 2-6, 2026

WHEREAS, the School Breakfast Program (SBP), permanently established in 1975, provides nutritionally balanced breakfasts to more than 15 million children across 91,000 schools and institutions in the United States each day; and

WHEREAS, the School Breakfast Program meets the nutritional needs of children, improves food security, and promotes health, learning, and development by providing nutritionally balanced breakfasts to school children each day;¹ and to

WHEREAS, 17% of children in Utah are food insecure and face hunger; and

WHEREAS, school-aged children who experience hunger are more likely to be absent from school, visit the school nurse, and experience more challenges than children with a nutritious diet, and skipping breakfast has consistently been linked with worse academic and health outcomes for children;² and

WHEREAS, eating breakfast improves children's overall diets,³ builds healthy, lifelong eating habits and enhances their ability to learn and perform academically;⁴ and

WHEREAS, making breakfast a part of the school day, commonly known as Breakfast After the Bell, and offering breakfast at no cost are effective ways to ensure more students realize the benefits of breakfast;⁵ and

WHEREAS, the federal Community Eligibility Provision offers eligible schools the ability to serve breakfast to all students at no cost, increasing food security and academic outcomes, while also allowing schools to eliminate the collection of paper applications, reduce administrative costs, streamline meal service operations and increase the reimbursements schools receive from federal child nutrition programs;⁶ and

WHEREAS, 11,830, 443 breakfast meals were served in Utah in 2025, reaching 71,580 students;⁷ and

WHEREAS, parents, caregivers, teachers, and school food personnel all play an essential role to ensure the children of Millcreek have the basic resources needed to grow, learn, discover their own potential, and live happy fulfilling lives; and

WHEREAS, No Kid Hungry offers information, tools, resources and grants to support schools in implementing and expanding school breakfast programs⁸ and the School Nutrition Association offers free materials to help schools commemorate “National School Breakfast Week” including artwork to decorate their meal serving areas, toolkits and handouts, sample menu items, marketing materials, and suggested promotional activities, including games, activities and contests;⁹ and

WHEREAS, my administration is committed to helping expand access to and enhance current school breakfast programs to ensure that our children have the means to succeed.

THEREFORE, BE IT RESOLVED that I, Cheri Jackson, Mayor of Millcreek, do hereby proclaim March 2-6, 2026, as SCHOOL BREAKFAST WEEK. I encourage all residents of Millcreek to recognize and commemorate school administrators, school nutrition directors, and cafeteria staff who operate school breakfast programs that ensure the health, safety, and success of our children.

IN WITNESS THEREOF, I have set my hand and caused to be affixed the seal of Millcreek this day 23rd day of February 2026.

By:

Cheri Jackson, Mayor

Attest:

Elyse Sullivan, City Recorder

REFERENCES

- ¹ Bartfeld JS, Ahn HM. The School Breakfast Program strengthens household food security among low-income households with elementary school children. *J Nutr*. 2011;141(3):470-475. doi:10.3945/jn.110.130823.
- ² Ricotti R, Caputo M, Monzani A, et al. Breakfast Skipping, Weight, Cardiometabolic Risk, and Nutrition Quality in Children and Adolescents: A Systematic Review of Randomized Controlled and Intervention Longitudinal Trials. *Nutrients*. 2021;13(10):3331. doi:10.3390/nu13103331.
- ³ O'Neil CE, Nicklas TA, Fulgoni VL 3rd. Nutrient Intake, Diet Quality, and Weight Measures in Breakfast Patterns Consumed by Children Compared with Breakfast Skippers: NHANES 2001-2008. *AIMS Public Health*. 2015;2(3):441-468. doi:10.3934/publichealth.2015.3.441.
- ⁴ Lundqvist M, Vogel NE, Levin LÅ. Effects of Eating Breakfast on Children and Adolescents: A Systematic Review of Potentially Relevant Outcomes in Economic Evaluations. *Food Nutr Res*. 2019;63:10.29219/fnr.v63.1618. doi:10.29219/fnr.v63.1618
- ⁵ Kingshipp BJ, et al. Breakfast Consumption by School-Aged Children and Adolescents and School Performance, Weight-Related Outcomes, and Health Outcomes & U.S. School Breakfast Program Best Practices, Including Models of Student Costs and Breakfast Delivery: A Series of Rapid Reviews. 2022. <https://www.ncbi.nlm.nih.gov/books/NBK597877/>
- ⁶ Hecht AA, Pollack Porter KM, Turner L. Impact of The Community Eligibility Provision of the Healthy, Hunger-Free Kids Act on Student Nutrition, Behavior, and Academic Outcomes: 2011-2019. *Am J Public Health*. 2020;110(9):1405-1410. doi:10.2105/AJPH.2020.305743.
- ⁷ Child Nutrition Tables, Data & Research, U.S. Department of Agriculture, <https://www.fns.usda.gov/pd/child-nutrition-tables>
- ⁸ No Kid Hungry, Center for Best Practices, <https://bestpractices.nokidhungry.org/programs/school-breakfast>.
- ⁹ School Nutrition Association, <https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/#resources>.