



No **Food** For **Thought**

The impact of hunger in UK classrooms





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Foreword

We believe it's a national scandal that children in Britain don't have enough to eat.

Four out of five (79%) teachers have told Kellogg's that their pupils are coming to school hungry and the problem is getting worse. More than half (55%) reveal this has increased in the last year.

Going without food in the morning has a direct impact on children's behaviour and concentration in lessons, making them less likely to reach their full potential at school.

Less talk, more action

So at a time when politicians of all parties are fiercely debating whether we should stick with GCSE's or opt for the English baccalaureate - surely the fundamental starting point has got to be ensuring our children are fed in the morning?

So why children are turning up to school hungry? More than two thirds of teachers (68%) said that parental apathy is the main problem meaning many parents are leaving children to fend for themselves in the morning. Some parents don't have the time or inclination to prepare breakfast, let alone supervise or encourage their children to eat it.

Financial hardship is also an issue according to more than half (57%) of the teachers we spoke to. It doesn't help that many families are feeling the pinch financially as a result of unemployment and redundancies, the high cost of living and government spending cuts. In extreme cases, this means that there simply isn't enough food to go round.

Fortunately, there is a proven - and cost-effective - way to tackle child hunger in the morning - school breakfast clubs.

Operating from schools or community settings, a breakfast club costs just £4,000 per year to run, and offers children a friendly and relaxed environment where they can enjoy a healthy breakfast.

The importance of breakfast cannot be underestimated. That's why The Royal College of GPs, the National Association of Head Teachers and the Royal College of Paediatrics and Child Health recently called on the government to provide free breakfasts to children in receipt of free school meals. They believe that doing so would help to reduce the health problems linked with poverty and improve academic achievement.

However, the Department for Education has no plans to extend eligibility to cover breakfast. They believe the Pupil Premium funding should pay for things like breakfast clubs, leaving it up to individual schools to decide how to improve outcomes for the most disadvantaged children.

A ring-fenced Pupil Premium

Unfortunately, an evaluation from Ofsted has suggested that the Pupil Premium funding is not always being used as intended recommending the government consider ring fencing the payment in future. Our research echoes this revealing that a shocking one in eight breakfast clubs have closed just as the need has become increasingly apparent - half of these as a direct result of budget cuts. For some kids this means that the only chance of a good meal in the morning has vanished.

We believe no child should start the day hungry. That's why this October Kellogg's is launching the 'Help give a child a breakfast' campaign - to help breakfast clubs stay afloat during these tough economic times.

We have been supporting school breakfast clubs in the UK since 1998, investing £2 million to help set up breakfast club services at more than 550 schools around the UK.

While we will continue to help set up breakfast clubs in schools in the most disadvantaged areas, the aim of the new campaign is to help existing breakfast clubs by providing grants of £450 to provide free breakfast places for the children that are going hungry. In 2011 we raised £230,000, every penny of which went to 520 school breakfast clubs. This year we aim to raise even more. As one Head teacher put it "£450:00 represents about 10% of the running cost of a breakfast club – and 10% is the cut I'm facing this year."

I'll leave the final words to an inspirational Head teacher who offers a free breakfast for all the children in her school:



The most enthusiastic teacher in the world would struggle to motivate and teach a child that's hungry.'

Sheila Hauxwell,
Headteacher at Beechgrove
Primary School,
Middlesbrough.

Bruce Learner
Head of CR and Partnerships, Kellogg's Europe



“Breakfasts play a key role in safeguarding children's health and wellbeing”

Breakfast Clubs Explained

Breakfast clubs have become increasingly popular throughout the UK, but it's a common misconception that they simply provide a convenient form of childcare.

It's true that many working parents rely on these clubs to provide affordable, wrap-around childcare. Breakfast clubs enable them to drop children off at school and still make it into work on time - while giving their children a welcome opportunity to play with their friends.

However, breakfast clubs also play a key role in safeguarding children's health and wellbeing. This is because they provide a direct and cost-effective way to prevent child hunger, improving behaviour and boosting academic performance in the process.

Breakfast clubs are important because new research from Kellogg's reveals that an astonishing 79% of teachers think that their pupils are coming to school hungry.

Without a school breakfast club, some pupils don't eat until lunchtime - or snack on crisps, chocolate and fizzy drinks instead.

Of course, children from low-income families are eligible for free school meals - but, unless they

attend a primary school in Wales, where breakfast is also provided, this entitlement is limited to lunch.

The Royal College of GPs, the National Association of Head Teachers and the Royal College of Paediatrics and Child Health are calling on the government to provide free breakfasts to children on free school meals. They believe that doing so would help to reduce the health problems linked with poverty and improve academic achievement.

However, the Department for Education has no plans to extended eligibility to cover breakfast, but is happy for individual schools or local authorities to use their own resources to fund a breakfast club.

Sheila Hauxwell, Head Teacher at Beechgrove Primary School, Middlesbrough, says:

"I would support the national call for free breakfast clubs (and free school lunches) for all primary school children. Often the children not eligible for free school meals bring meagre packed lunches containing little or no nutritional value. Those just above the so-called 'poverty line' often fare worse, and a free meal for all would take away this distinction.

"Our breakfast club is very important to the school. For many of our children, their first meal of the day is in school, and for some it is the first thing they have eaten since the day before.

"We originally had a breakfast club that charged a small amount (30p) per day, which some parents were more than happy to pay. But the really vulnerable children who often arrive at school alone having got themselves dressed and ready, rarely had any money at all with them. With our

tracking systems in school it would have been easy to identify those vulnerable children and make it free to just them, but by doing so we believed we would disadvantage the caring families who were finding the money for their children, and who often had less disposable income than those classed as vulnerable. Eventually we decided to fundraise and make breakfast free to all children, that way we were supporting all of our families whatever their level of need.”

Unfortunately, in the current economic climate, many schools struggle to do this. Kellogg’s research shows that just over half of UK schools (57%) currently run a breakfast club, rising to 67% of primary schools.

Significantly, one in eight teachers surveyed by Kellogg’s admit that their breakfast club had closed down, with 50% saying that this was as a direct result of budget cuts or funding issues.

It costs around £4,000 a year to keep a breakfast club running. It’s not expensive - and it makes a big difference.



That’s why Kellogg’s is committed to helping schools and community centres set up and maintain breakfast clubs of their own, so that children can start the day with a healthy, nutritious meal.

Jane Browne, head teacher at Woodside Primary School, Bradford, says:

“Our breakfast club has been in operation for about ten years. At the beginning we had about 25 children per day, now we have 60-90 children coming each morning, which represents up to a quarter of the 350 pupils in our school.

“Our school is in an area of high deprivation and half of children claim free school meals. For this reason, breakfast club is a priority for us.

“Around 20% of parents use the breakfast club as a form of wraparound childcare so that they can get to work on time. These are the parents who are always waiting outside with their children at 8am. But the other 80% of children who use the club, rely on it as a place where they can have a healthy meal.

“It costs 60p per day to come to breakfast club, but if a family is in real hardship we offer them the opportunity to use it free of charge.

“Children can have cereal, toast or crumpets and a cup of tea or hot chocolate, fruit juice or milk. It’s not just food that’s on offer; there are lots of really nice activities. They can do their homework, read, do some drawing, spend time in our garden or play games on the wii, which is always popular.”



“Significantly, one in eight teachers surveyed by Kellogg’s admit that their breakfast club had closed down”

The benefits of breakfast clubs

Nutritionists agree that breakfast is the most important meal of the day. Without it, children miss out on the nutrients they need to stay strong and healthy, struggle to concentrate and are less likely to do well at school.

The British Dietetic Association (BDA) says: "Children need regular meals and snacks to get the energy and nutrients they need for fighting off illness. Breakfast is essential every day as it gives them an energy boost to cope with busy mornings at nursery or school."

Research shows that eating breakfast helps children to succeed at school: a 2008 study by the School Foods Trust showed that Key Stage 2 results were improved by the presence of a breakfast club.

Certainly, teachers surveyed as part of Kellogg's new research indicate that a lack of breakfast club can have a dramatic impact on the health and wellbeing of pupils.

When asked what impact a lack of breakfast club has on pupils:

69% said an increase in tiredness and lethargy

62% said a decrease in concentration

49% said an increase in poor diet

44% said a decrease in attainment

42% said an increase in poor behaviour

As more than four in ten (44%) teachers say that a lack of breakfast club affects educational attainment, this suggests that a poor diet can have a direct influence on how well children perform at school. This figure rises to 46% among secondary teachers, indicating that the problem gets worse over time. This is a matter of obvious concern at the time when pupils are preparing for the GCSEs, the results of which impact upon their chances of continuing in education or finding work when they leave school.

Perhaps this is why seven out of ten secondary school teachers surveyed by the Prince's Trust now worry that, despite their best efforts, their pupils will end up on benefits.

Teaching Assistant Jamie Harney, who runs the breakfast club at Sacred Heart Primary School, Holloway, London, says:

"Last week a 10-year-old child in my class was having trouble concentrating. He obviously wasn't interested and wasn't paying any attention. When I asked him what was wrong, he explained that he was hungry because he hadn't had any breakfast. Sometimes children go to into their classroom in the morning and their teacher brings them down to breakfast club just as I'm packing away because they are hungry and feel unwell as a result."



“Research shows that eating breakfast helps children succeed at school”

Child Hunger: The shocking statistics

Almost eight out of ten teachers (79%) say that children are coming to school hungry

Two thirds (68%) of teachers say that children are coming to school hungry because of apathy at home, rising to three-quarters of primary school teachers

More than half (57%) of teachers say that pupils are hungry because of lack of money at home

One in three (31%) teachers takes food into school to give to hungry children

More than half (55%) of teachers say that the number of children coming to school hungry has increased in the last year

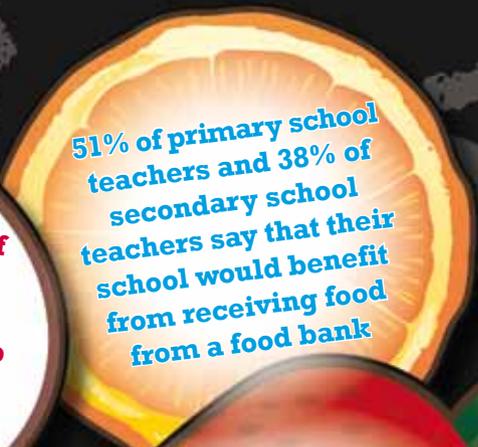
One in six (16%) of primary school teachers spend up to £24.99 per month feeding hungry pupils



One in five (21%) of secondary school teachers take sweets, cake and chocolate into school to feed hungry pupils



Almost half (46%) of secondary school teachers say that lack of breakfast club affects educational attainment



51% of primary school teachers and 38% of secondary school teachers say that their school would benefit from receiving food from a food bank



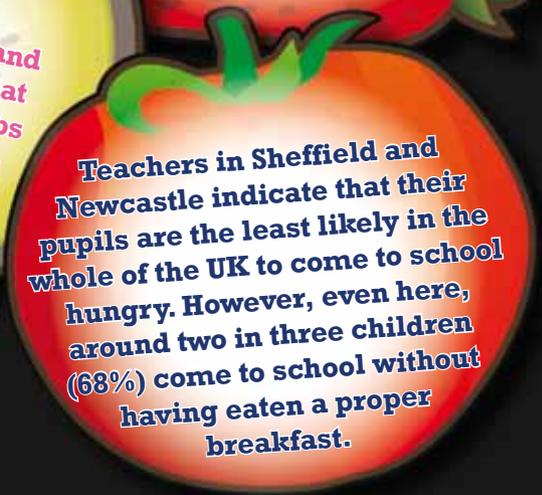
One in seven London schools use food banks



Teachers in Brighton were most likely to say that child hunger is a problem. All of those surveyed said that their pupils were coming to school hungry.



100% of the teachers questioned in Brighton, Cardiff and Nottingham say that their breakfast clubs have closed due to budget cuts



Teachers in Sheffield and Newcastle indicate that their pupils are the least likely in the whole of the UK to come to school hungry. However, even here, around two in three children (68%) come to school without having eaten a proper breakfast.

Child hunger shoots up

Shockingly, Kellogg's research indicates that 79% of teachers say that their pupils are now coming to school hungry.

And the problem is getting worse, with more than half (55%) of teachers saying that the number of hungry children has increased in the last year.

It's hard to believe that children in Britain - the seventh richest country in the world - don't have enough to eat.

But as a result of unemployment and redundancies, the high cost of living, spending cuts and stagnating wages, UK families are increasingly feeling the pinch.

In extreme cases, this means that there just isn't enough food to go round. Usually it means that families rely on poor quality food as they can't afford to buy fresh produce or, in homes where parents are abusing drugs or alcohol, teachers worry that children are being left to fend for themselves.

Jane Browne, head teacher at Woodside Primary School, Bradford, says:

"Some of our pupils are on child protection plans and it's often written into the plan that they have to attend breakfast club.

"We're aware that many of our pupils are living in poor conditions and witnessing domestic violence, alcohol and drug abuse.

"If we can bring them in to school earlier in the day, provide a nurturing environment and have a healthy meal, then they are ready to learn."

A new report from Save the Children called It Shouldn't Happen Here reveals that, in 2012, **there are now an estimated 3.5million children living in poverty in the UK** - and this is expected to rise to 400,000 by 2015.

More than six out of ten parents (61%) have had to cut back on food in the past year, just to make ends meet and one in eight of the country's poorest children don't even get one hot meal each day.

Why are children going hungry?

When asked why children aren't getting enough to eat, more than two-thirds of teachers (68%) told Kellogg's that parental apathy is the main problem.

This means that, **in many families, parents are leaving children to fend for themselves** in the morning. This is because some parents simply don't have the time or inclination to prepare breakfast, let alone supervise their children or encourage them to eat it. It's significant that 75% of primary school teachers say this is the case as this is the age group that are least equipped to buy or prepare their own food.

Other parents lack the necessary knowledge about nutrition to understand what their children need to eat or why breakfast is so important. This leads to irregular or inconsistent mealtimes at home, with children relying on sugary drinks and snacks for energy. In these cases, it's not hunger that's the problem, but the foods that children are eating.

Gill Harding, head teacher at Primrose Hill CP School, Manchester, says:

"Some children at our school don't have their first meal of the day until lunchtime. Often this is because their parents aren't aware of what a healthy breakfast is, which is why many children - and their parents - turn up at school eating a large chocolate bar with a can of fizzy pop. In other homes, parents simply don't get up early enough to prepare it."

Almost seven in ten teachers (69%) believe that lack of time at home is the main reason why pupils are coming to school hungry. Presumably, this is a particular problem when both parents are working and rushing to leave on time.

Financial hardship is also an issue. More than half of teachers think that this is why pupils are hungry (57%), rising to 65% of primary school teachers.

Kellogg's research certainly suggests that the problem is worse among families with a lower income. Just over a third (34%) of teachers who work in independent, fee-paying schools say that children are going to school hungry, which is less than half of the national average of 79%. None of these teachers believe that lack of money is the cause, compared to 65% of primary school teachers and 59% of secondary school teachers.

Among these teachers, lack of time is thought to be the main explanation (82%), while 36% blame parental apathy.

You can't teach a hungry child

A poor diet can have serious implications for children's health and wellbeing.

Feeling hungry can impair concentration, cause behavioural problems and impact upon learning.

Sheila Hauxwell, Head Teacher at Beechgrove Primary School, Middlesbrough, says:

"Children who come to school hungry have no energy or interest in what they are being encouraged to learn. The most enthusiastic teacher in the world would struggle to motivate a child whose only thought is 'when is it dinner time?' - often this is the only question they will ask

throughout the morning, irrespective of the lesson context.”

If children are frequently going hungry, malnutrition becomes a very real problem: a recent survey by The Prince’s Trust found that almost half of secondary school teachers regularly witness pupils with malnutrition, or showing signs that they haven’t eaten enough.

The physical effects of malnutrition include fatigue and dizziness, tooth decay, muscle weakness and poor growth, poor immune function, poor cognitive function such as memory and attention, lower IQ and problems with organ function.

Even scurvy, which is caused by a lack of vitamin C, is becoming more common - the number of children admitted to hospital as a result doubled in the three years up to 2008.

Rickets, a condition which affects bone development, leaving bones soft and malformed, is also on the rise. This is caused by a lack of vitamin D, which comes from foods like oily fish and eggs, as well as the sunlight on our skin, and calcium, which is found in dairy products, leafy green vegetables, nuts and bread.

Aside from these serious physical health risks, anecdotal evidence from teachers suggests that child hunger can have a dramatic impact on

children’s mental health as conditions such as ADHD, bipolar disorder and schizophrenia have all been linked to deficiencies of certain fatty acids.

Furthermore, living with ‘food insecurity’ - which describes the uncertain availability of nutritious food - can lead to a range of social and emotional problems.

According to Save the Children, hungry children often struggle to build or maintain friendships; 29% of children in poverty miss out on having friends round for tea and 10% miss out on celebrating their birthday.

Kellogg’s research reveals that it can also cause social issues among pupils, leaving children vulnerable to bullying. It’s common for children who don’t get enough to eat to become isolated and withdrawn or aggressive.

In addition, children who don’t have enough to eat are more inclined to steal food or shoplift - one teacher, who wished to remain anonymous, surveyed by Kellogg’s reported children being picked up by police for stealing food from a local supermarket.

Jamie Harney, teaching assistant at Sacred Heart Primary School, Holloway, London, believes that school breakfast clubs can address these problems quickly and effectively.

He says: “Breakfast club makes a big difference to school life - we can see the difference immediately. The children come in at 8am and they are tired and have no energy. But once they’ve had breakfast and played with their friends they seem bright, alert and can concentrate - they are not so easily distracted.”



“Feeling hungry can impair concentration, cause behavioural problems and also make children more accident-prone”

When asked **how hunger affects pupils**, teachers reported the following:

- **93%** said that hunger decreases concentration
- **87%** said that it increases tiredness and lethargy
- **73%** said that it decreases attainment
- **71%** said that it increases poor behaviour
- **58%** said that it increases ill health
- **27%** said that it decreases participation in extra-curricular activities
- **15%** said that it increases truancy





Feeding hungry children

In order to combat this growing problem, Kellogg's research shows that nearly a third of teachers (31%) are taking food into schools themselves so that they can feed hungry children.

It's sobering that the situation has become so serious that teachers feel compelled to do this - especially as around one in six (16%) primary school teachers do so once a week. A further 5% of primary school teachers take in food every single day.

Roxanne Benjamin-Hoppie, a teacher at Battersea Park School, London says:

"I work in the learning support unit and students would come in to a lesson unable to concentrate. It's heart wrenching when students cannot focus because they're hungry, so I started to buy juice, biscuits and fruit so they could contribute in lessons. I probably spend an average of £10 to £15 per week, some weeks more.

"I ran a pilot breakfast club in the summer term which worked really well. It showed me that children need a good breakfast to sustain them so they can get the most out of school. It also reduced behaviour related issues in the classroom."

Nationwide, 6% of teachers take their own food into school at least once a month, while 20% of teachers in Brighton and 15% in Cardiff take food in at least once a week.

This isn't simply a case of taking in the odd packet of biscuits for a playtime treat: one in twelve teachers (8%) spends £16-£24.99 per month feeding their pupils, and one in 20 spends £25-£34.99.

More than a quarter (27%) spends £6.00-£15.99, and almost two-thirds of teachers (60%) say that they spend up to £5.99.

A third of teachers in Cardiff and Glasgow spend up to £34.99, while 4% of London teachers spend up to £44.99, which equates to over £10 per week.

Although teachers try their best to help, they are limited to the types of foods they can provide. The majority offer healthy options like fruit (60%) or healthy savoury snacks like cereal bars and rice cakes (45%). However, 17% rely on sweets, cakes and chocolate - rising to 21% of secondary school teachers - which is no substitute for a healthy breakfast.

The **foods** that teachers are **most likely** to take into school to **feed hungry** pupils are



60% take fruit

45% take cereal bars, rice cakes and healthy savoury snacks

27% take bread/toast

17% take sweets, cake or chocolate

14% take cereal

14% take sandwiches





How Kellogg's is helping

Education Secretary Michael Gove has said that corporate organisations may need to “put their hands in their pockets to bridge the funding gap” if breakfast clubs are to continue.

This is exactly what Kellogg's is doing. Since 1998, we have invested around £2million working with our partner ContinYou to set up and support breakfast clubs by delivering training and offering start-up grants.

Working together, we have helped set up breakfast club services at 550 schools and community settings in England, Wales Scotland and Northern Ireland, serving over three million breakfasts each year.

In addition, for many years, we have searched for the best breakfast clubs in the UK through The Kellogg's Breakfast Club Awards. We have awarded over £200,000 to the best clubs and have recognised the great work of teachers, parents, volunteers and school staff in making sure children have the best start to their day.

Two years ago, we noticed a surge in the number of enquiries we were getting from schools asking for support. We used to get one or two calls each month – in the first week of September 2012 we received fifteen enquiries from schools asking for funding support, cereal donations or help with setting up a new breakfast club at their school.

We know that it's getting increasingly difficult for schools to fund breakfast clubs as our research revealed that one in eight breakfast clubs have closed in the last year and half of them cited budgetary constraints as the reason.

This is why we set up the 'Help give a child a breakfast' campaign last year, so we can support existing breakfast clubs stay afloat by inviting schools to apply for a grant of £450. We're aiming to raise £300,000 by the end of 2012 which will provide one million breakfasts for the children that need it most in the UK and Ireland.

Five things Kellogg's is doing to help

1. Since 1998, Kellogg's has invested £2million working with our partner ContinYou to set up and support breakfast clubs by delivering training and start up grants.
2. In this time, we have helped set up breakfast club services at 550 schools and community settings in England, Wales Scotland and Northern Ireland. These clubs serve over three million breakfasts each year!
3. Last year, we funded more than 500 existing school breakfast clubs through the Help give a child a breakfast campaign – we aim to fund even more this year!
4. In 2012 we teamed up with Northumbria University to offer schools online breakfast club training and start up grants.
5. For many years, we have searched for the best breakfast clubs in the UK through The Kellogg's Breakfast Club Awards. We have awarded over £200,000 to the best clubs and have recognised the great work of teachers, parents, volunteers and school staff in making sure children have the best start to their day.





“Over the next three years, Kellogg’s has committed to donate a further three million breakfasts through food redistribution charities”

Food charities supporting schools

More schools than ever before are relying on food charities to feed hungry children at breakfast time according to FareShare's annual impact survey.

Some of this food comes from Kellogg's who have been donating cereal since 2010, providing 100,000 breakfasts each month. The food that is donated is usually food that cannot be sold through normal channels. For example, the packaging may have become creased or crumpled during warehousing or transportation but the cereal bag is undamaged so the food is still edible.

Without this support, one in four schools would have to charge - or charge more - for their breakfast club, and the same number would have to reduce their service, or the amount served.

This clearly indicates that receiving food from FareShare and other food redistribution charities could help more schools to set up or keep their existing breakfast clubs running.

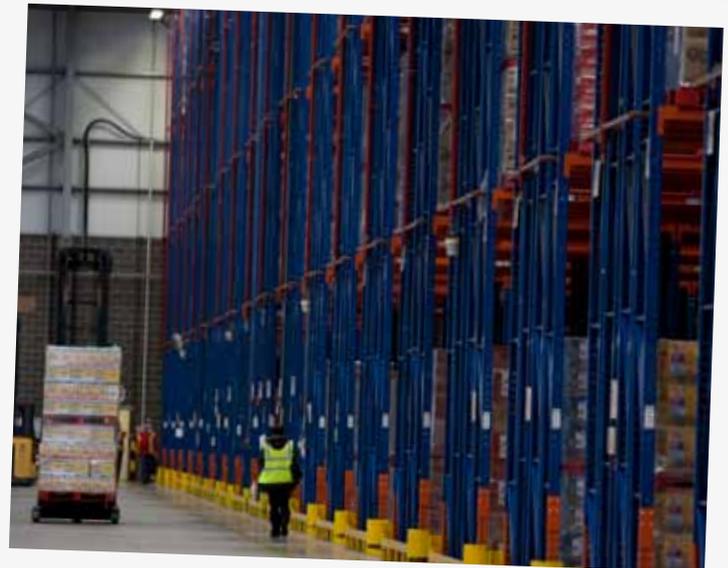
However, Kellogg's new research reveals that more than three-quarters of schools (78%) never use food redistribution charities - despite the fact that

more than a third of teachers (37%) - rising to more than half of primary school staff (51%) - say that their schools would benefit from doing so.

To date, primary academies are the most likely to receive donations from food charities, with 60% of teachers at these schools confirming that they already access the service. London schools are the most likely to benefit, with 15% of teachers in the city saying that their pupils currently receive food in this way, compared to a national average of 9%.

Over the next three years, Kellogg's has committed to donate a further three million breakfasts through food redistribution charities, to help support the most vulnerable people in the community.

So it is hoped that this commitment, along with the funding available through the Help give a child a breakfast campaign, will provide two vital strands of support for schools to enable them to feed the children that need it most at breakfast time.



What is FareShare?

FareShare is a national charity which is working to relieve food poverty and reduce food waste.

Operating from 18 locations around the UK, FareShare distributes surplus foods, which would otherwise go to landfill, to disadvantaged people in the community.

In most cases, this surplus is made up of products from the food and drink

industry that can't be sold because the outer packaging has been damaged, even though the quality of the contents has not been compromised.

Every day, an average of 36,500 people benefit from the service FareShare provides and the food charity has seen a 57% increase in the number of breakfast clubs requesting food in the last year alone.

Lindsay Boswell, CEO of FareShare says: "There are 5.8 million people living in deep poverty across the country, meaning they struggle to afford everyday essentials like food. We are particularly concerned about child hunger as our research is showing that more schools than ever before are using donations from FareShare to provide breakfast to their pupils. There has been a 57% increase over the last year in breakfast clubs accessing our service

and many of those clubs have seen an increase in demand because families can't afford to feed themselves."

"There is an urgent need to do something and FareShare is pleased to be working with Kellogg's to address this issue of increasing child hunger in the UK. With the support and food we receive from Kellogg's, we will be able to feed even more good food to some of the poorest in our society."

“FareShare are particularly concerned about child hunger as our research is showing more schools than ever before are using donations to provide breakfast to their pupils”





“Teachers have noticed an increase in the number of children arriving at school hungry over the last year”

Case study

St Bernadette's Catholic Primary School in Stockport won a Kellogg's Breakfast Club Award in 2009. The school has been receiving food from FareShare for the last 18 months.

Head teacher, Mike O'Brien, says: "Our breakfast club was established in 2005, and 50-60 children now attend each day. The breakfast club receives food every two weeks from FareShare, including Kellogg's cereal, and we charge 20p per breakfast item, which we reinvest into the breakfast club, which now employs four members of staff.

"Brinnington is a deprived area (third most deprived school in Stockport) and around 40% of the children are on free school meals. Teachers have noticed an increase in the number of children arriving at school hungry over the last year, so we target these children to make sure they have something to eat in the morning.

"We're always fundraising so we can subsidise breakfast for the children that really need it as we feel strongly that all children should have the same start regardless of their family background or financial situation.

"The children have an organic garden and grow fruit and vegetables which they use at the breakfast club for jams and juices. The children feel an ownership of the club and are involved in decision making, choosing menus and activities. It's had a massive effect on behaviour, concentration, social

skills, wellbeing and ability to learn and they couldn't cope without it."

Five things schools can do

1. Kellogg's have teamed up with Northumbria University to offer online breakfast club training and start up grants, so if you're interested in setting up a breakfast club at your school email breakfastclubuk@kellogg.com today.
2. For all the latest information on funding and activities you can run at your breakfast club, visit www.breakfastclubplus.org.uk
3. If you're a school and you currently run a breakfast club you can apply for a £450 grant through the Help give a child a breakfast campaign – visit www.giveachildabreakfast.co.uk.
4. Once your breakfast club is up and running, you could potentially access food donations from the food charity FareShare. Kellogg's and other food companies provide surplus food to them so it's worth checking whether there's a depot in your area by visiting www.fareshare.org.uk/contact-us/fareshare-depots/.
5. Learning charity ContinYou has worked with expert nutritionists to develop a comprehensive nutritional guide to support breakfast club delivery. **To download the guide visit** http://www.continyou.org.uk/what_we_do/breakfast_clubs/keeping_it_going/health/nutritional_guidelines

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