



Recess Before Lunch

Recess Before Lunch Promotes Healthy Eating and Better Behavior

When students eat after recess, they are hungrier and do not feel rushed to play, so they eat more and waste less food.



- 54%** increase in **FRUIT & VEGETABLES** consumed
- 35%** increase in **CALCIUM**
- 30%** decrease in **FOOD WASTE**



Students are more attentive and ready to learn. Decrease in **DISCIPLINE REFERRALS**

Why? With Recess Before Lunch, students return to class more settled and remain better behaved and focused throughout the afternoon. There are less discipline referrals from playground altercations

What Principals are Saying about Recess Before Lunch

“There were issues at lunch with kids taking two bites of their food and heading to recess so we thought it would be good to try and implement this program.” - **Pendleton Elementary**

“The students ate better after playing. Before, when they would go out to play on a full stomach, there were a lot of children in the nurses’ office.” - **San Juan Elementary**

Do you want Recess Before Lunch at your school?

Initiate conversation with your school principal, administrative staff, or your district’s Food Service Director to inform them about Recess Before Lunch.