

RESOLUTION

61(23)

February 8, 2023

WHEREAS, National School Breakfast Week (NSBW) runs the first full week in March every year. It's a celebration of school breakfast and the positive impact it has on students; and

WHEREAS, in these uncertain times, busy weekday mornings make it even more of a challenge for many families to find time for a healthy breakfast, so it is a great time to try school breakfast! Schools across the country will find ways to safely celebrate NSBW in 2022 with special menu items, events and fun activities designed for all students; and

WHEREAS, this year's theme, "Dig Into School Breakfast," is designed to promote 102 ways to celebrate National School Breakfast Week; and

WHEREAS, studies show that students who eat school breakfast are more likely to reach higher levels of achievement in reading and math, score higher on standardized tests, have better concentration and memory, be more alert, and maintain a healthy weight; and

WHEREAS, eating school breakfast is also associated with lower rates of absenteeism and tardiness, fewer behavioral problems and reduced number of nurse's office visits. Studies show that students who eat school breakfast reach higher levels of achievement in math and reading, score higher on standardized tests and have better concentration and memory; and

WHEREAS, a healthy breakfast at the start of the day is a great way to ensure students are nourished and ready to learn.

NOW, THEREFORE, BE IT RESOLVED that the Ocean County Board of Health, County of Ocean, State of New Jersey, hereby proclaims the week of March 6-10, 2023 as **National School Breakfast Week** and encourages all residents to become aware and concerned about their children's and their own nutrition habits, in hope of achieving a more healthful citizenry for today and the future.

| Name | Bacchione | Gupta | Hill | Kubiel | Laureigh | Mancini | Scaturro | Singer | Mallon |
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| Ayes | ✓ | | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
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| Nays | | | | | | | | | |
| Absent | | ✓ | | ✓ | | | | | |



Secretary/Treasurer