

# The Journal-News

## **Breakfast Coming To Nokomis HS**

*Nokomis Journal-News*

by Steve McLaughlin

July 19, 2007

"Nokomis was one of four school districts in the nation to receive a national grant given by the 'got breakfast?' Foundation on July 16 in Chicago," said Superintendent Jean Chrostoski who traveled to Chicago on Monday to accept the award.

Presented at the School Nutrition Association's annual national conference, the grants were given to three schools in Illinois and one in Massachusetts.

One factor that led to Illinois being chosen is that it ranks as the second lowest state in school breakfast and lunch program participation among low-income students.

The award is intended to encourage schools to initiate breakfast programs, which have been shown to help kids achieve higher test scores, improve memory skills and reduce childhood obesity.

Plus, federal reimbursement is available to schools for each meal served, so when schools increase the number of students eating breakfast, they receive a corresponding increase in funds.

Chrostoski said the breakfast program will be initiated at the junior/senior high school.

Part of the \$9,000 grant received will be used to upgrade dishwashing and refrigeration equipment at that facility.