

HUNGER PAINS!

This is the reality that many of us face every morning when we wake up. This photo shows that a lot of us don't have food in our fridge. Since I don't eat breakfast at home I go to school hungry. In a survey that the Youth Leadership Institute conducted with Baden High School over 50% of students feel tired, grumpy, and have stomachaches, which may be the cause of many of us to lose focus and do poorly in school.

We recommend that schools increase access of healthy breakfast by providing students with the Second Chance Breakfast Program. This allows students to be able to enjoy a nutritious and healthy and affordable breakfast as we get to school. We also recommend that the vending machines at our school have healthy breakfast choices.



The Youth Leadership Institute's Nutrition Soldiers in partnership with the San Mateo County Health System, Nutrition Services and Baden High School; worked together to collect data and raise awareness of healthy foods and beverages and increase physical activity through nutrition education. Together we want to make a positive change to benefit all of South San Francisco.

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