

Breakfast in Scotland's primary schools

Magic Breakfast is the UK's leading school breakfast charity, making a difference to over 350,000 children and young people by partnering with schools to provide breakfasts and expert advice across Scotland and England. Currently, over 7% of young Scots can access a 'magic' breakfast every school morning supporting educational equity, reducing barriers to learning, and delivering for busy families. Our mission is to ensure that every child and young person in Scotland is nourished, empowered, and able to thrive.

Scotland has made a strong commitment to deliver universal breakfast provision in all primary and special schools by August 2027. This Parliament will be responsible for ensuring that this commitment translates into real, lived change for children and families across the country.



A nourishing breakfast is about more than food. It provides a calm and consistent start to the school day, supporting children's readiness to learn, wellbeing and sense of belonging. For children experiencing poverty or wider disadvantage, breakfast provision plays a vital role in upholding their rights to health, development and education, as set out in [the UN Convention on the Rights of the Child](#) (UNCRC), including Articles 24, 27, 28 and 29.



Why breakfast matters in primary schools

Educational inequality in Scotland begins early and widens through the primary years. Among primary-aged pupils, the [attainment gaps](#) between those living in the most and least deprived areas is 19.4 percentage points in literacy and 16.6 percentage points in numeracy. By the end of primary school, children from disadvantaged areas are already around [ten months](#) behind their peers in learning, shaping later attainment and life chances.

Morning hunger makes these gaps harder to close. Children arriving at school hungry struggle more with concentration and emotional regulation, often resulting in poor behaviour and undermining their, and their classmates, ability to benefit fully from education. Evidence shows that pupils in highly disadvantaged primary schools offered a free, nutritious breakfast make around [two months](#) of additional academic progress over a year, compared with pupils in schools without breakfast provision. Schools also [report](#) improved attendance and classroom conditions (including improved behaviour from pupils who may have previously struggled to settle).

The benefits go further yet. Health inequalities are already visible in the primary years. Children in Scotland's most deprived areas are more than [twice as likely](#) to be at risk of being overweight, and [over a quarter](#) of Primary 1 children experience dental decay, with significantly higher rates in deprived communities. Skipping breakfast is associated with a [37%](#) higher likelihood of being overweight compared to those who regularly eat breakfast. Supporting access to a healthy breakfast contributes directly to children's rights to the highest attainable standard of health ([Article 24](#) UNCRC).

School breakfast provision is also a highly cost-effective early intervention. [Pro Bono Economics](#) found that delivering the Magic Breakfast model for one year to primary-aged pupils could generate long-term benefits of around £9,200 per child, at a cost of approximately £180 per pupil per year. Over £50 of benefit is generated for every £1 invested, with substantial savings accruing to government through reduced Additional Support Need (ASN) costs, exclusions and improved lifetime earnings. Extending this model across Scotland's primary schools could generate around £200 million in long-term economic benefits.

How to make Scotland's primary provision shine

[Evidence](#) from our Scottish partner schools shows that high-quality breakfast clubs work best when they are calm, welcoming and embedded into the school day. When delivered well, breakfast clubs are more than a place to eat. They are spaces where children build confidence, develop skills and start the day feeling settled, included and ready to learn.

Breakfast clubs provide a consistent, non-stigmatising start to the morning, supporting children's right to education, health and development, in line with Scotland's commitment to the UNCRC. They are particularly important for children facing poverty, insecurity or additional support needs, for whom breakfast can be the gateway to school attendance and engagement.



Across Scotland, primary schools are [increasingly](#) using breakfast clubs as enrichment and skills-building spaces, helping children to learn, lead and thrive beyond the classroom, supporting:

- **Leadership and responsibility**, through pupil roles such as Breakfast Champions and Monitors, building communication, teamwork and self-confidence.
- **Social and emotional development**, by creating safe, structured spaces to practice routines, relationships and regulation.
- **Skills for life and learning**, including food preparation, organisation, problem-solving and cooperation.
- **Early enrichment opportunities**, such as reading, creative activities, and challenges that spark curiosity and support learning readiness.

These approaches strengthen engagement with school, improve behaviour and support longer-term life chances. They also align closely with children's Article 29 rights, supporting education that develops personality, talents and abilities to their fullest potential.

When breakfast clubs are done well, the impact goes far beyond the morning meal. They help ensure every child starts the day nourished, confident and ready to learn. Turning Scotland's commitment into meaningful, rights-based change.

Ensuring Scotland delivers by August 2027 (and beyond)

To deliver universal breakfast provision in all primary and special schools by August 2027, MSPs have a critical role in setting the conditions for success. [Evidence](#) from partner schools shows that breakfast provision delivers its full impact when it is treated as core educational infrastructure, not an add on.

It is up to Parliament to deliver a programme which works for young Scots. That's why we're calling on all MSPs to support our three-point plan for delivering universal breakfast provision:

- **Ensuring the Scottish Government delivers its commitment to provide universal school breakfast provision for all primary and special schools from August 2027.**
- **Scrutinising the delivery of the Scottish Government's commitment by drawing on the experiences of children and young people, schools and local communities to deliver effective and workable national guidance for all communities.**
- **Working with the Scottish Government to ensure national school breakfast provision is fully aligned with the United Nations Convention on the Rights of the Child (UNCRC).**



If you would like to get in touch or [learn more about our work](#), please don't hesitate to reach out to our Scotland team:

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