

# Ohio School Breakfast Challenge



Give 'em breakfast. Give 'em a boost.

**36.3%** OHIO TEENS REPORT EATING BREAKFAST EVERY DAY.<sup>1</sup>

*School breakfast is for ALL students*



Research shows that students who eat breakfast

- ↑ perform better in school
- ↑ get higher test scores
- ↑ show better behavior
- ↑ have better nutrition

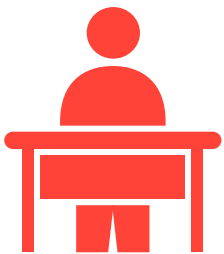


Skipping breakfast hurts kids' overall cognitive performance and has a negative impact on

- ↓ levels of alertness
- ↓ attention
- ↓ memory
- ↓ problem solving and math skills

Students who eat school breakfast

attend 1.5 more days of school per year & score 17.5% higher on standardized math tests



“We can't make kids smarter, but with improved nutrition and physical activity **WE CAN PUT A BETTER STUDENT IN THE CHAIR.**”

*Robert Murray, MD, Professor of Nutrition, Department of Human Sciences, College of Education & Human Ecology, The Ohio State University*

[OhioSchoolBreakfastChallenge.com](http://OhioSchoolBreakfastChallenge.com)

It's Important.

It's Proven.

It's Smart.

It's Time.

Brought to you by:

CITATIONS: <sup>1</sup> Ohio Department of Health, 2013 Ohio Youth Risk Behavior Survey, Center for Disease Control

