

BREAKFAST IS FOR EVERYONE



Eat Right
Be Bright

TAKE THE OHIO
**SCHOOL BREAKFAST
CHALLENGE**

Give 'em breakfast. Give 'em a boost.

35.3% OF TEENS REPORT EATING BREAKFAST EVERY DAY.¹



students who eat breakfast
Research shows that

- ↑ 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

For breakfast resources, promotional ideas, best practices, activation tools and more, visit

OHIOSCHOOLBREAKFASTCHALLENGE.COM



“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

Brought to you by:



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