

BREAKFAST IS FOR EVERYONE



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

Making the right food choices, together