

## BREAKFAST IS FOR **EVERYONE**

Eat Right

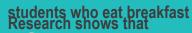
Bright

- TAKE THE OHIO SCHOOL BREAKFAST **CHALLENGE** 



Give 'em breakfast. Give 'em a boost.

35.3% OF TEENS REPORT EATING BREAKFAST EVERY DAY.1



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



Students who eat school breakfast

> attend 1.5 more days of school per year

> > score 17.5% higher on standardized math tests



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

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

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

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