

SURF'S UP

WITH SCHOOL BREAKFAST™


MARCH 4-8, 2024 | #NSBW24 | #SURFSUPWITHSCHOOLBREAKFAST

PARENTS, DID YOU KNOW

YOUR CHILD CAN RIDE THE WAVE OF SUCCESS WITH HEALTHY BREAKFAST OPTIONS AT SCHOOL?

Established in 1989, **National School Breakfast Week (NSBW)** celebrates how school breakfasts can set students up for daily success. By observing this special week every year, we're encouraging all K-12 schools to recognize the importance of a healthy start to the day with breakfast to fuel children's academic success.

CHILDREN WHO EAT BREAKFAST ARE MORE LIKELY TO...



Attain higher levels of achievement in subjects such as reading and math

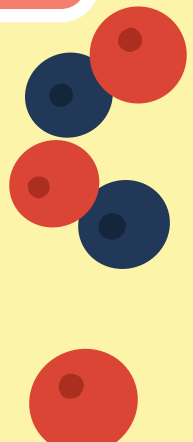
Achieve higher scores on standardized tests

Maintain a healthy weight

Exhibit improved concentration, alertness, comprehension and memory

Have reduced absenteeism and tardiness

Improve their classroom behavior



LET'S BUILD A HEALTHY SCHOOL BREAKFAST WITH THESE NUTRITIOUS FOODS:

1 cup fruit

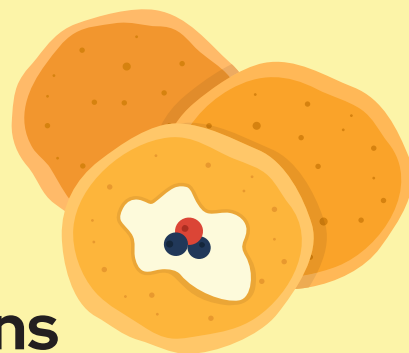


Whole

1 cup fat-free or 1% milk



Grains



Dive deeper and grab more #NSBW tools and resources at schoolnutrition.org/nsbw

