

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

Exhibit improved concentration, alertness, comprehension and memory

Achieve higher scores on standardized tests

Have reduced absenteeism and tardiness

Maintain a healthy weight

Improve their classroom behavior

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

1

cup fruit



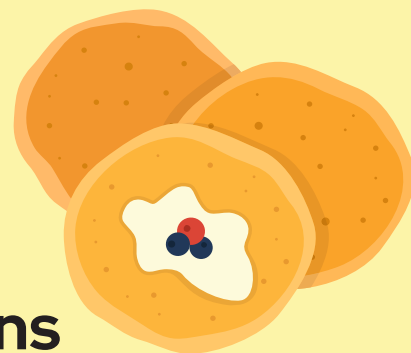
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1

cup fat-free or 1% milk



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Dive deeper and grab more #NSBW tools and resources at [schoolnutrition.org/nsbw](https://schoolnutrition.org/nsbw)

NSBW resources are supported by:

**Kellanova**  
Away From Home

