


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



**1** cup fat-free  
or 1% milk

**W**hole

**G**ains

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