Did you know?

ONLY 65% OF JGMS STUDENTS ATE BREAKFAST EVERY DAY FOR THE PAST 7 DAYS

ONLY 56% OF BHS STUDENTS ATE BREAKFAST EVERY DAY FOR THE PAST 7 DAYS.*

Research shows that children who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities.**

PARENTS-If your children see you eating breakfast each morning, they are more likely to eat breakfast themselves and also develop healthier eating habits overall.

BE AWARE.
LEARN MORE.
VISIT:

BEDFORD YOUTH & FAMILY SERVICES

*SOURCE: 2014 BEDFORD YOUTH RISK BEHAVIOR SURVEY
**SOURCE: NUTRITION HORIZON, 03/04/05

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