

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.*

Breakfast's ready... ARE YOU?



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.**



BEDFORD YOUTH & FAMILY SERVICES
IN PARTNERSHIP WITH
BEDFORD PUBLIC SCHOOLS



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

BE AWARE.
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