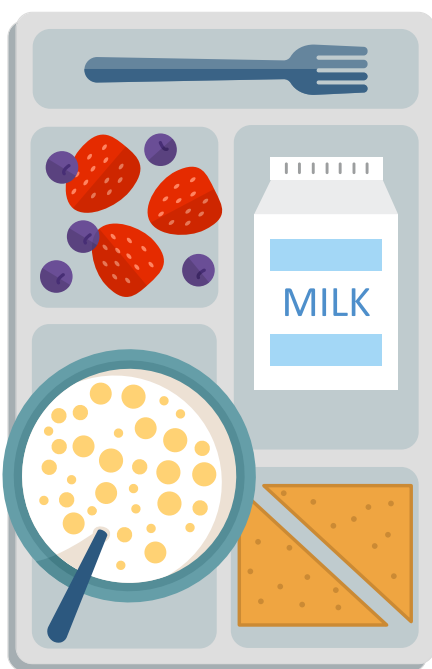


School Breakfast

GENYOUth research reveals:



Youth who skip breakfast are less likely to eat healthy.

Breakfast is the meal that youth are most likely to skip; over half of youth (54%) skip breakfast at least once a week.

Over half of youth from lower-income households (58%) say they skip breakfast every day, a few times a week, or at least once a week.

Youth who don't eat school breakfast most commonly cite taste, lack of time, or right timing as barriers.

Grab and Go school breakfast dramatically increases participation, yet only 28% of survey respondents say their school offers Grab and Go breakfast, either in addition to or instead of cafeteria breakfast.

Source: GENYOUth Insights - Youth Eating Behaviors and Nutrition Literacy survey (2023).