

YOUTH XCHANGE 2019

SPONSORED CATEGORY



BREAKFAST PROMOTION

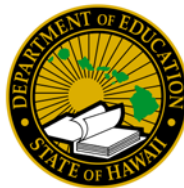


Breakfast is known as the most important meal of the day. Studies have shown that students who eat a healthy breakfast have better test scores, increased energy and a healthier body weight. Other benefits of eating breakfast include mood improvement, better memory and concentration.

How would you promote breakfast? Create an original 30-second public service announcement (PSA) to help encourage other students to eat school breakfast. Open to all elementary, intermediate and high school students.

Resources: More info about the importance of breakfast can be found at <https://bestpractices.nokidhungry.org/research/school-breakfast>.

This category is sponsored by:



For questions, contact: Daniela Kittinger at daniela@hiappleseed.org, 808-369-2516.

All entries must be uploaded to 'Ōlelo's OmniContest site by 11:59 p.m. HST on **Friday, February 15, 2019**.



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