

Healthy Eats

School Breakfast Program
Information & Tips





School Breakfast Program

Breakfast is one of the most important meals of the day, particularly for growing children. Eating a healthy breakfast improves:

- Concentration and academic performance
- Social and emotional wellbeing
- Childhood growth and development and general wellbeing

Why do kids skip breakfast?

Around 17% of primary and nearly 40% of high school students don't eat breakfast on a daily basis. Some of the reasons are:

- A lack of time
- Not being hungry in the morning
- Not wanting to eat alone
- A lack of food (or appropriate food) in the house
- Having to leave home early in the morning





Could a breakfast program benefit your school?

Are some of your students:

- Lethargic and unable to concentrate on tasks?
- Away from school more than is normal?
- Showing poor physical healthy?
- Lacking engagement?
- Misbehaving in class?
- Bullying and fighting in the playground?
- Stealing food?

If you answered **YES** to four or more of these questions, a school breakfast program could benefit your school.





Tips to start your school breakfast program

When starting your school breakfast program the best food options are quick, easy and healthy. Starting simple means less equipment, less set up time and less staff/volunteers required.

Simple and healthy breakfast options

Choose GREEN 'everyday' breakfast such as the ones listed below:

- **Green breakfast cereals such as -**
 - Wheat Biscuits (eg Weetbix or Vitabrits)
 - Plain rolled oats or quick oats
 - Muesli (not toasted)
 - All Bran
 - Sustain
 - Sultana Bran
 - Healthwise
 - Mini Wheats
 - Guardian
 - Fruity Bites
 - Weeties, Oat flakes
 - Light 'n' tasty (triple berry or apricot only)
 - Plus (Fibre Lift or Sports Lift only)





- **Fresh fruit and plain Greek yoghurt** is a great way for your students to start the day by getting 1-2 serves of fruit in nice and early.
- **Sandwiches or toasted sandwiches** made using wholegrain bread with simple sandwich fillings that include fruits, salads or vegetables.

For more information and ideas , visit www.lifeeducationqld.org.au.





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