



# Healthy Eats

2 & 5 to help you thrive!



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 students skip breakfast?

Around 16% 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 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 health?
- Lacking engagement?
- Misbehaving in class?
- Bullying and fighting in the playground?
- Stealing food?

If you answered **YES** to any of these questions, a school breakfast program could benefit your school. You might also find it helpful to survey your students on their current breakfast eating habits and identify if there is a need for a breakfast program in your school.





## Tips to start your school breakfast program

### Get support for your breakfast program

Getting support from your school community is vital for the ongoing success of your breakfast program. Consult with the Principal, school staff and P&C to ensure they support the breakfast program and identify barriers and enablers to the success of the program.

### Plan how your program is going to run

- How many days is the program going to run?
- Where is it going to be held?
- Will it be open to all students?
- Who will run the program?
- Who will provide the food?
- What equipment will you need?
- You may like to consider involving students throughout the planning and implementation process.





## Organise staff or volunteers to run the program

- Student volunteers are a great way to get extra help to setup, serve and clean-up at your school breakfast program.
- Senior students can also serve as role models and help to create a friendly morning atmosphere at school.
- The School Chaplain “Chappy” is a common driver of breakfast programs, as it is a great way for them to connect with students.
- Local community volunteers from organisations in your community such as Rotary Clubs, YMCA, Lions Club are often keen to get involved and help support a great cause like school breakfast!
- School parents are another great resource and potential role model for school breakfast programs. Try putting a call out in your school newsletter asking for interested parents to go on a roster. Promote other ways that parents can help out such as sourcing funds or food.

Remember that food safety and managing food allergies is vital. Do your staff/volunteers require any training?





## Include simple and healthy breakfast options

Choose 'everyday' foods such as the ones listed below:

- Green breakfast cereals such as -
  - Wheat Biscuits (eg Weetbix or Vitabrits)
  - Plain rolled oats or quick oats
  - Untoasted muesli
  - All Bran
  - Sustain
  - Sultana Bran
  - Guardian
  - Fruity Bites
  - Weeties, Oat flakes
- Fresh fruit and plain Greek yoghurt
- Savoury or sweet sandwiches or toasted sandwiches made using wholegrain bread and simple sandwich fillings such as lean meats, baked beans, cheese, salads, fruit.

## Work with the local community to source food and resources for the program

- **Contact local charity organisations** who may be able to help you set up a breakfast program or provide food such as Foodbank.





- **Your local supermarket or produce shop** are often able to supply excess produce which you can use straight away or freeze for later use.
- **Other local community businesses** are often able to provide some financial support to their local school breakfast club.

## Promote and implement your program

- Promote the program to students and the wider school community – put up posters, hold a launch event, include information in the school newsletter or an announcement at school assembly.
- Think of ways to make the program fun and engaging. Have themed days e.g. Muesli Monday or play some music. Encourage school staff to regularly attend and connect with students.
- Monitor and evaluate your breakfast program on an ongoing basis. Think about any difficulties you have encountered and what opportunities there are to improve.
- Recognise and thank your staff, volunteers and partner organisations with a short snippet in your newsletter, certificate of appreciation, invitation to attend school functions or a ‘thank you’ event!
- And lastly, remember to celebrate your successes!

**For more information and ideas, visit [lifeeducationhub.com.au](http://lifeeducationhub.com.au).**



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