



School Superintendents Are Important to School Breakfast!

As a school superintendent you can help prepare students for success by promoting and supporting School Breakfast Programs in your community. Healthy eating patterns are essential for students to achieve their full academic potential, optimal physical and mental development, and lifelong health and well-being. School nutrition programs positively influence students' eating habits.

Students need your voice to reinforce the importance of school breakfast programs in your district. With your support, students will have access to healthy breakfast options through the School Breakfast Program.

You Can Support School Breakfast Programs

Here's How:

1. Let staff and the community know that you value and enthusiastically support a healthy school nutrition environment, including the School Breakfast Program. Let your actions reflect your values.
2. Establish a policy that requires a breakfast program in every school.
3. Hire teachers and food service managers with appropriate training and support ongoing in-service training. Show staff that they are valued and emphasize the important role they play in the health of young people.
4. Allocate adequate time for nutrition education as part of a sequential, comprehensive health education program.
5. Make sure students have enough time to eat in a safe and comfortable dining area.
6. Eat breakfast in school dining rooms periodically and spend time with the students and staff.
7. Support non-traditional serving options to encourage participation (such as, classroom breakfast, second chance breakfast, grab-n-go, breakfast on the bus, etc.).
8. Stock vending machines with 100% fruit juice, low-fat and fat-free milk products and other healthy snacks for students who may not have time to sit and eat a prepared breakfast.
9. Prohibit the sale of high-fat, high-sugar foods during breakfast.
10. Solicit input from parents, students, teachers and food service staff concerning school breakfast programs.
11. Promote positive local media coverage of school breakfast programs.
12. Work to build support for shared local/State/Federal funding for the school meal programs—like the shared funding in other areas of education.



School Principals Are Important to School Breakfast!

Everyone can make a difference in young people's lives by helping them learn how to adopt healthy eating habits. A good breakfast gives children a jump-start on their ability to learn. Serving breakfast on "test days" is a good move. But learning is important every day—it builds on previous knowledge and is the foundation for future learning.

Studies of the School Breakfast Program have demonstrated positive effects on school attendance and a reduction in school tardiness, and have shown that children who eat nutritious morning meals perform better academically, show improved behavior, and are physically healthier than children who skip breakfast. You can make a difference by promoting and supporting School Breakfast Programs!

You Can Support School Breakfast Programs

Here's How:

1. Let staff and the community know that you value and enthusiastically support a healthy school nutrition environment. Let your actions reflect your values.
2. Enforce district policies to support a healthy school nutrition environment.
3. Establish and enforce policies requiring that all foods and beverages available at school contribute to meeting the dietary needs of students.
4. Start a School Breakfast Program if your school doesn't have one.
5. If bus schedules limit access to the breakfast program, look at ways to improve scheduling or to offer breakfast after the start of the school day.
6. Provide adequate space and pleasant surroundings to reflect a value on the social aspects of eating and make sure students have enough time to eat and socialize.
7. Eat breakfast in the school cafeteria, spend time with the students and staff, and encourage faculty to eat with students.
8. Ask nurses to keep you informed of hunger related visits to their office.
9. Work with teachers to incorporate school breakfast into lesson plans and participate in school wide promotions. Encourage teachers to meet with students for tutoring or conferences during breakfast.
10. Ask bus drivers, custodians, and para-professionals to encourage kids to go to breakfast. Invite them as special guests.
11. Include information about efforts to improve school breakfast and lunch on the district/school's web site.
12. Post eye-catching publicity about school breakfast in the school dining room, the gym, and on school bulletin boards.
13. Work to build support for shared local/State/Federal funding for the school meal programs—like the shared funding in other areas of education.



School Foodservice Staff Are Important to School Breakfast!

You want the best for your students. Show it by creating opportunities for them to make healthy food choices. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Well-planned school nutrition programs positively influence students' eating habits. With your assistance, you can help your school increase student participation and enhance the quality of the meals served in the School Breakfast Program.

You Can Support School Breakfast Programs

Here's How:

1. Provide meals that are tasty, healthy, and appealing to students, meet USDA's nutrition standards, and the Dietary Guidelines for Americans.
2. Ask student leaders to advise you on breakfast choices, promotions, and ways to attract their peers.
3. Recognize supportive teachers and ask them to talk to their colleagues about promoting school breakfast.
4. Coordinate activities with classroom and physical education teachers and other staff.
5. Ask nurses to work with cafeteria staff to ensure that children with repeated hunger related nurse's visits are encouraged to eat breakfast at school.
6. Offer breakfast choices that reflect the cultural diversity and preferences of students.
7. Invite and welcome parents/guardians to breakfast occasionally.
8. Provide nutrition information to parents along with school breakfast menus.
9. Partner with involved parents to highlight the importance of school breakfast among principals, teachers, and other parents.
10. Get support from organizations in your community that deal with children's issues such as food, hunger, health, education, and safety.
11. Speak to school administrators and school boards about the importance of effective nutrition policies and programs.
12. Write articles for the district or school newsletter that goes to parents. Include lively items about how good nutrition, especially a healthy breakfast, helps children grow and learn.
13. Invite food and nutrition experts from the community such as registered dietitians and, nutrition educators from the Cooperative Extension Service, or universities with dietetics programs to generate ideas to improve breakfast menus and food preparation techniques.



Teachers Are Important to School Breakfast!

Be a good role model—your students are watching!

As a teacher, you are also a role model for your students. By encouraging your students to eat breakfast at school, you may help prepare them to learn. Children who are hungry cannot function well in the classroom, no matter how talented the teacher. Students' health and well-being can significantly affect achievement in the classroom.. An appropriate diet can improve problem-solving skills, test scores, and school attendance rates.

It's important for children to learn healthy lifestyle choices early—to build healthier minds and bodies; and they need to practice the skills to make healthy choices. Serving breakfast on “test” days is a good move. But, learning is important everyday—it builds on previous knowledge and is the foundation for future learning.

You Can Support School Breakfast Programs

Here's How:

1. Encourage schools to offer and students to participate in the school breakfast program.
2. Develop a comprehensive scope and sequence for nutrition education.
3. Work with food service managers, coaches, physical education teachers, and other staff to coordinate nutrition education efforts and to give students consistent messages about healthy eating.
4. Focus the lessons on skills—not just facts. Give students opportunities to practice what they learn, and make the lessons meaningful, hands-on, and fun.
5. Have students create and conduct breakfast surveys. Use the information gathered to study percentages in math class or to study trends in social studies.
6. Promote breakfast using posters and songs created by students. The activities can be part of art or music classes or serve as an educational school wide contest.
7. When learning about different countries, look at what different cultures eat for breakfast. Relate particular breakfast foods to a country's climate, agriculture, customs, and exports.
8. Reinforce the MyPyramid Food Guidance System by showing how it relates to breakfast.
9. Suggest a Grab and Go Breakfast alternative to your school principal for those students who may not have time to sit down in the cafeteria.
10. Partner with food service managers to celebrate School Breakfast Week on an annual basis.



Parents and Guardians Are Important to School Breakfast!

Eat a healthy breakfast everyday—your children are watching. By establishing healthy habits early in life, children can dramatically reduce their health risks and increase their chances for longer, more productive lives. Research has shown what parents have known all along—children who eat breakfast do better in school. Help your child make healthy choices for life—today!

You Can Support School Breakfast Programs

Here's How:

1. Serve as a role model by eating a balanced diet that includes a healthy breakfast.
2. Determine if your child's school has a breakfast program and have your children participate.
3. Find out what schools are doing to promote school breakfast and healthy eating.
4. Join a school health or nutrition advisory council and guide nutrition policy.
5. Provide positive suggestions to food service managers to assist them in promoting and increasing the participation rates of the school meal programs (i.e., alternate breakfast delivery methods).
6. Join your child for school breakfast occasionally.
7. Speak to school administrators and school boards about the importance of school breakfast.
8. Help school staff plan activities where students can sample healthy breakfast foods.
9. Involve children in selecting and preparing breakfast foods.
10. Reinforce the messages about nutrition and physical activity that your children learn in school by planning family activities that include physical activity and healthy food choices.
11. Share nutrition information with your children and talk with them about nutrition activities that occur at school.



Students Are Important to School Breakfast!

To do your best in school and to look and feel your best, you should make healthy eating choices at home and at school. Start your day off with school breakfast and invite friends to join you!

You can have a voice in your school; get involved to make a difference!

You Can Support School Breakfast Programs

Here's How:

1. Set personal goals for healthy eating habits.
2. Make healthy breakfast choices in the school cafeteria by choosing more often those items with lower fat and little or no added sugar.
3. Serve on a Nutrition Advisory Council or school health council and urge them to request healthy food choices in school for breakfast.
4. Advocate for nutrition education and physical activity options in your school; write letters (including a letter to the editor or newsletter article), make phone calls and give presentations about the importance of a healthy school nutrition environment.
5. Use nutrition labels to select low fat breakfast choices.
6. Ask your parents to get involved.
7. Encourage friends to participate in the school breakfast program.
8. Serve as a role model for younger students.
9. Make suggestions to the school food service staff or principal on new breakfast foods that you will eat and enjoy such as lean meats, fruits and vegetables, whole grains, and low-fat, or non-fat milk and milk products.
10. Take elective courses in health, nutrition, and cooking.
11. Help plan school and family menus.