



Breakfast Program Ideas



31% of elementary school and 62% of secondary school students
Do not eat a healthy breakfast daily

- Breakfast should provide food from at least **three of the four food groups** (Vegetables & Fruit, Grain Products, Milk & Alternatives and Meat & Alternatives) from Eating Well with Canada's Food Guide.
- 70% of the choices have to be maximum, 30% can be moderate (rule of thumb 3 maximum for every 1 moderate)

Neat Ideas to Wake up Your Breakfast!

- Breakfast Parfaits
 - Layer yogurt with seeds (sunflower, pumpkin), nuts, fruit (fresh, frozen or dried), granola, ground flax seed, etc. in a glass
 - Let the students make their own!
- Trail mix
 - Mix a variety of whole grain cereals, pretzels, nuts, dried fruit, etc.
- Cereal without a bowl!
 - Open the top of a milk carton all the way and scoop in 1/3 to 1/2 cup of cereal or cereal mix.
 - This eliminates the need for an extra bowl. All you need is a spoon.
- Smoothies
 - Try adding ground nuts or flax seed to increase the fiber content.
 - Use any type of frozen fruit (when fruit is getting past its best cut it up, and put in the freezer and use for smoothies)
 - Don't be afraid to try vegetables
- Vegetables
 - Why not serve vegetables for breakfast!
- French toast
 - Made with whole grain bread
- Frozen Treats
 - Freeze grapes for a cool treat
 - Kids love frozen yogurt tubes – cut in half for the smaller kids
 - Frozen Yogurt Snacks - Freeze yogurt and fruit in an ice cube tray or Dixie cup – insert a popsicle stick and freeze
- Kabobs
 - String fruit, vegetables, cheese or cubes of meat on a skewer, popsicle stick or straw
- Grilled Cheese sandwiches
 - Use whole wheat bread and low fat cheese
 - Try browning them in the oven
- Cheese
 - Buy low fat -(20% or less)
 - Freeze leftovers – grate and use for grilled cheese
- Egg Burrito
 - Serve scrambled egg, lean ham and vegetables wrapped in a whole wheat tortilla
- Pita Pockets
 - Add a variety of healthy pizza toppings to half a whole wheat pita and heat for a few seconds in the microwave
 - Add any typical sandwich filling to a pocket
- Pancakes
 - Make pancakes up and freeze – reheat in the toaster or oven
- Sandwich wraps
 - Prepare any sandwich on a wrap – Be creative!
- Eggs
 - Boiled, scrambled or poached
 - Leftover boiled eggs can be made into sandwiches
- Cheese whiz and cream cheese are condiments used to enhance the flavour of food and are **not** considered a milk & alternative.

Service Options

Not all breakfast programs take place in the cafeteria. Here are a few alternative service options.

Breakfast Rooms

Perhaps there is an empty classroom in the school, student lounge or the family studies lab may be available. The breakfast program can set up in there and serve a healthy breakfast.

Breakfast in the Classroom

Just like the name implies, students eat breakfast in the classroom during the first few minutes of the day. Breakfast only takes 10-15 minutes for the students to eat and teachers use this time to take attendance, collect homework, deliver announcements or read to the class.

Grab N' Go

Food items are ready to go in convenient packages. Items that work well are whole fruit, yogurt tubes, raisins, bagged cereal or trail mix, etc. Students pick up their breakfasts and then are they allowed to eat where permitted--outside with friends, in the hallway, in the cafeteria, or in class etc.

Breakfast Carts

Why not bring breakfast to the students? Carts serve hot or cold breakfasts to students in a convenient location. Carts are normally positioned in high traffic areas, such as outside the office, near the main exits, etc.

Tracking Ideas

Monthly tracking is **very important**. The information submitted by schools is used to see what is being served, how many students are being fed and what is going in the schools. The information provided is used to help advocate for more funds. Here are two easy tracking ideas:

Popsicle sticks

- Using two containers have the students transfer a stick from one to the other after they receive breakfast. At end of the morning count the number of sticks in the container and record that number. This can also be done with other items however the more attractive the item is the more likely it will disappear. Popsicle sticks are inexpensive and not that appealing to students.

Count one breakfast item

- Take a count before service and after to see how many of that item was used. This is not perfect as some students may not take one of that particular item however, it is a quick and easy way to get a count. Make sure the same item is counted each day. Milk is a great one to use because it is easy to count and most kids will take one.

