

Breakfast in the Classroom Tips



Breakfast in the Classroom

Bring the benefits of school breakfast to your students in the class in about 7-15 minutes!

Did You Know?

- Studies have found that breakfast served in the classroom increases participation above 95%¹
- Of the students who don't normally participate in school breakfast, almost 60% said they'd be likely to eat school breakfast more often if it was served in the classroom²

Breakfast in the Classroom Works Great for:

- Elementary schools as students typically stay in the same classroom all day
- Schools with large numbers of bused students who arrive too late for breakfast in the cafeteria
- Schools with small cafeterias where it is challenging to feed all students breakfast at the same time

Suggestions:

- Prepare meals the day before or bring pre-packaged meals to the class each morning
- Use coolers on small carts or wagons to transport milk, yogurt, and other chilled items, or hot entrees that are easy to eat
- Teachers can use attendance sheets to record which students ate breakfast each day

Easy Ideas for Breakfast in the Classroom:

Good choices for classroom breakfast are foods that are easy to transport, pre-packaged or wrapped in advance, easy to eat and mess-free



Big G Bowlpak Cereals

- All Big G cereals contain whole grain as the first ingredient³ and provide one bread equivalent



Cereal On-The-Go and Cereal Bars

- Individually wrapped items are easy to transport and distribute
- Popular kid-favorite brands all contain whole grain as the first ingredient³ and provide one bread equivalent



Pillsbury® Hot Breakfast

- Individually wrapped for quick heating and serving
- Pillsbury Hot Breakfast items contain whole grain as the first grain ingredient with at least 16g of whole grain per serving³ and provide two bread equivalents



Trix® and Yoplait® Yogurts

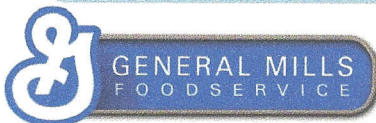
- Trix® and Yoplait® yogurts are low fat and low sodium, while providing a good source of calcium and vitamin D – this combination makes a 4 oz serving an ideal meat alternate



Featured Resource:

Breakfast = School Success Toolkit

- A helpful aid in selling the benefits of alternative breakfast and gaining support from key stakeholders and administration
- Available at www.bellinstitute.com



¹ SNA Little Big Fact Book 2011

² School Nutrition Dietary Assessment-III, 2007

³ At least 48g of whole grain recommended daily