



Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation

Healthy Breakfast. Everywhere You Go.

SCHOOL BREAKFAST RESOURCES

Help to Prevent Childhood Obesity, Promote Healthy Weights, and Support Academic Success

YOUR LOCAL and STATE CHILD NUTRITION OFFICE

- Start with your local child nutrition director to learn about current programs.
- Check with your state child nutrition office to learn about state resources.

NATIONAL RESOURCES

FRAC (Food Research and Action Center)

- Many useful reports and tools for expanding school breakfast
<http://frac.org/federal-foodnutrition-programs/school-breakfast-and-lunch/school-breakfast-program/>

National Dairy Council, Nutrition Explorations and Fuel Up To Play 60

- Success stories and other resources from across the US
http://nutritionexplorations.org/sfs/programs_breakfast_success.asp

National Food Service Management Institute

- Search for breakfast at www.nfsmi.org: Ex. **Best Practices for In-Classroom Breakfast** at:
www.nfsmi.org/documentlibraryfiles/PDF/20090624013538.pdf

School Nutrition Association

- Breakfast in the Classroom Center: <http://docs.schoolnutrition.org/SNF/BIC/>
- Beyond Breakfast Blog: <http://beyondbreakfast.org/>

EXAMPLES OF STATE RESOURCES

California ~ Breakfast First

- Three-year campaign to improve access, participation, and nutritional quality www.breakfastfirst.org/

Massachusetts Child Nutrition Outreach Program

- Extensive resources, including financial calculators www.meals4kids.org/sb/breakfast.html

Oregon Department of Education ~ Breakfast in the Classroom

- Overview, resource links, and menus
www.ode.state.or.us/services/nutrition/nslp/sbp/bic_overview.aspx

New York ~ Nutrition Consortium of New York State

- School breakfast resources
www.hungernys.org/

Wisconsin School Breakfast Program

- Multiple resources including menus
<http://fyi.uwex.edu/wischoolbreakfast/>

OTHER STATE & LOCAL RESOURCES:



STATE OF BREAKFAST IN OUR SCHOOLS

Do our schools currently serve breakfast?

How many schools have a breakfast program?

What type of breakfast is served in our schools?

Does our school breakfast program meet the need?

Should we expand our school breakfast programs?

What resources do we need to expand breakfast?

- Expertise
- Information
- Materials
- Support



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