

Be a Food Champion: 4 Breakfast Events You Can Host at Your School

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School breakfast programs make sure your child can get a nutritious meal at school each morning, even if you don't have time to serve breakfast at home. That doesn't mean you need to be cut out of breakfast time entirely, though. Ask your child's teacher or school administrators if you can help run or organize a breakfast event at your child's school -- it will help you bond with the community, foster leadership in your children, and broaden their education when it comes to food and nutrition.

Plan a Menu Contest

Challenge your kids' creativity and encourage them to explore new flavors by helping run a menu contest at school. After a brief lesson on the benefits of different types of breakfast foods, challenge each class to plan a breakfast that uses nutritious ingredients in new, healthy ways. Award the winners the opportunity to get their breakfast served to the school. Your child's school can vary the scope of the contest -- for example, run the contest once per month, allowing a different grade to plan the menu each time.

Celebrate Family Day

Breakfast at school is an ideal time for your child to connect with peers. Holding a family day -- where you come to school and enjoy the breakfast program along with your child -- helps you create a sense of community around breakfast too. Take the opportunity to bond over breakfast with your kids -- an added treat if you often have trouble making time for a sit-down breakfast -- and take the time to meet other parents in the class. This also gives you an opportunity to get to know your child's teacher in an informal setting, outside parent-teacher conferences.

Bring in a Guest Speaker

School breakfast programs help teach your kids healthy eating habits -- the programs make breakfast a normal part of a daily routine and, in some cases, create an opportunity for kids to choose healthy foods they enjoy. Invite a guest speaker to further empower your kids by teaching them about the importance of good nutrition. Consider inviting a nutritionist or dietitian to tell the kids about eating healthy throughout the day, or ask the nutrition staff to teach the children how

their breakfast program works and the effort that goes into each meal. Alternatively, broaden your children's cultural horizons by inviting a guest speaker to talk about different types of healthy breakfasts served around the world -- ideally, with a few sample meals for the kids to try.

Plan a Breakfast Week

One of the benefits of school breakfast programs is that they introduce kids to healthy foods they may not have tried before. Take that a step further by planning a "breakfast week" so the children can enjoy new and different meals each day. Invite the class to brainstorm healthy breakfast ideas -- using ingredients available to the school -- and work with the nutrition staff to choose five unique meals the kids can enjoy Monday through Friday during the week. Don't be afraid to encourage kids to step outside the box and find new ways to serve breakfast staples -- for example, a breakfast quesadilla made from scrambled eggs, vegetables, a whole-wheat tortilla and low-fat cheddar cheese.

Get Involved

You can help fight child hunger just by buying the products you love! We'll donate 1% of Nielson average retail price of every specially-marked Kellogg's product to No Kid Hungry to help every child get a nutritious breakfast.