

# Breakfast Brainstorm

January/February 2003



## Save The Date

### Massachusetts Healthy Schools Summit

Commissioner Driscoll is hosting the Massachusetts Healthy Schools Summit on February 6, 2003. The Summit will focus on building partnerships in the schools to improve School Breakfast and the school nutrition environment. Look for your invitation soon and invite a peer!

## Quick Tip of the Month:

January and February are great months for cold weather indoor activities that can “warm up” your breakfast program!

### January

Oatmeal Month  
Martin Luther King Day (20)  
National School Nurse Day (23)  
National Puzzle Day (29)

### February

Library Lovers' Month  
National African American History Month  
Valentine's Day  
Chinese New Year Begins  
(Year of the Sheep)

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## MA DOE's Child Nutrition Outreach Program at Project Bread

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## Breakfast News

School Breakfast continues to be a “hot topic.” Thanks to your hard work, Massachusetts has an opportunity to be a national leader in ensuring that all students start each day ready to learn! Here are some exciting new ideas to help you make the most of breakfast!



A great idea from Lawrence MA:  
Invite a storyteller to come to the cafeteria during breakfast and tell some breakfast stories to the children. Try to combine storytelling with special menu days to add to the excitement.



Library Lovers' Month – Books at Breakfast  
Work with the school librarian to pair books, foods and cafeteria themes. Children will have fun reading about their favorite menu items. Invite guest readers to breakfast and watch the interest grow. Books at Breakfast is a winner!

# Partner with Parents



Communicating with parents is a sure way to promote the economic and nutritional value of the breakfast program.

- Use your menus to let parents know the school meals you serve meet nutritional guidelines set forth by the USDA.
- Include calories and % fat for each day's menu then show the weekly average.
- Encourage parents to volunteer for breakfast activities.
- Be open to questions and suggestions from parents.



## Change the Way you Serve!

Contact Child Nutrition Outreach to explore alternative breakfast service that might include Grab n' Go, Breakfast in the Classroom or some combination that can send participation through the roof! **Remember as participation increases so does reimbursement!**

# Nutrition Nugget

Breakfast is the most important meal of the day!

Remember—a balanced breakfast that includes whole grains, fruit, protein and fat can carry a child from breakfast to lunch and ensure that they have the energy to get the most from the lessons they are taught.

Nutrition education can be easy, fun and incorporated into any classroom lesson. Promote healthy eating in the cafeteria and the classroom.

## Celebrate Oatmeal Month!



**Offer a creative oatmeal breakfast.**

**Serve oatmeal with a choice of toppings such as...**

**Fresh fruit**

**Peanut Butter**

**Yogurt**

**Raisins**

**Cinnamon Sugar**

**Make yogurt parfaits, topped with fruit and oatmeal**

**Remember oatmeal has soluble fiber that helps us have healthy hearts. It can help lower cholesterol and blood pressure. A hot bowl of oatmeal is a great way to start the day!**

**Please share the Oatmeal Soap project that's included with your science teachers and have them join in the fun!**

## Ideas Wanted



Do you have an idea to share for future Breakfast Brainstorms? We'd love to include your innovative ideas for food, service, and promotion! Contact Child Nutrition Outreach at 617-723-5000 or email us at [cnop@projectbread.org](mailto:cnop@projectbread.org) and tell us your story.

