



American Dietetic Association  
American Dietetic Association Foundation  
[www.kidseatright.org](http://www.kidseatright.org)

# 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](http://nutritionexplorations.org/sfs/programs_breakfast_success.asp)

#### **National Food Service Management Institute**

- Search for breakfast at [www.nfsmi.org](http://www.nfsmi.org): Ex. *Best Practices for In-Classroom Breakfast* at:  
[www.nfsmi.org/documentlibraryfiles/PDF/20090624013538.pdf](http://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/](http://www.breakfastfirst.org/)

#### **Massachusetts Child Nutrition Outreach Program**

- Extensive resources, including financial calculators [www.meals4kids.org/sb/breakfast.html](http://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](http://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/](http://www.hungernys.org/)

#### **Wisconsin School Breakfast Program**

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

# 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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