

National School Breakfast Week

March 4-8, 2019

Ways to celebrate National School Breakfast Week at your school!

The Department of Food and Nutrition invites you to celebrate National School Breakfast Week (NSBW), March 4-8, 2019 with the theme, “School Breakfast, Start Your Engines”. This week-long celebration highlights how eating a nutritious breakfast helps students fuel up success in the classroom and beyond. **Miami-Dade County Public Schools (M-DCPS) offers free breakfast to all students each school day!**

The School Breakfast Program provides students the opportunity to start the school day with a healthy meal they might not otherwise have access to. Students that eat school breakfast begin their day ready to learn which can reflect in **higher test scores, better classroom behavior, improved dietary intakes and reduced levels of food insecurity**



- Miami-Dade County Public Schools serve over 75,000 breakfasts to students each day. Come join your friends in your school cafeteria in eating a healthy breakfast. Remember, all Miami-Dade County Public Schools offer a FREE breakfast daily for all students!



- Eating school breakfast can decrease the risk of food insecurity, improve your overall dietary intake, help protect against childhood obesity, protect against other negative outcomes, and reduce your stress and anxiety.
- Eating school breakfast is associated with lower rates of absenteeism and tardiness, fewer behavioral problems, reduce number of nurse’s office visits, higher grades and increased standardized test scores and positive learning environments.

1. Announcements

Promote and help create awareness about the NSBW with these message suggestions!!



- This week, March 4 - 8, 2019, is National School Breakfast Week. All Miami-Dade County Public Schools offer FREE breakfast daily for all students! Come to the cafeteria for a healthy breakfast every day before the bell.

- Eating school breakfast helps you maintain a healthy weight, have better concentration, be more alert, reach higher levels of achievement in reading, math, and score higher on standardized tests.
- Eating school breakfast helps build lifelong healthy habits. Studies have shown that people who eat breakfast maintain a healthy weight and balanced nutrition over time. Remember, all Miami-Dade County Public Schools offer a FREE breakfast daily for all students!

2. Invite Special Guests and/or Parents to Eat Breakfast with Students.

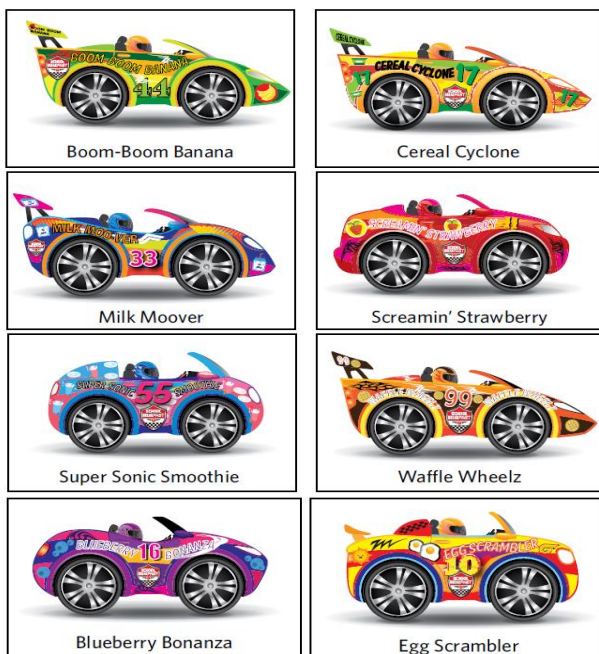
With the approval and support of your school principal, extend an invitation for parents or a special guest (elected official, local celebrity, etc.) to join the students for breakfast during NSBW. For this event, please obtain approval by your school administration. Teachers should be notified, so they can send notices home to parents.



Parents and non-MDCPS children may purchase a school breakfast meal for two dollars (\$2.00) each; breakfast for all M-DCPS students is free every school day.

3. Meet the School Breakfast Racers! Check out the starting lineup for some extra fun activity ideas.

- Conduct an essay contest asking students to create short “back stories,” attributes or “track records” for the racers.
- Create your own racing trading cards. On the reverse, add facts about breakfast or about the particular food that is featured. Distribute or award as desired throughout NSBW.
- Spotlight one to two cars each day of NSBW, connecting them to your menus and using them to convey important nutrition information.



4. Tour of the Kitchen

Throughout NSBW, Food Service Managers and staff are encouraged to offer tours of the kitchen to students and teachers. This is your opportunity to shine! Suggested topics for the tour include the following:

- Meet your food service staff.
- How is the food prepared?
- What’s all this large equipment for?
- What are the health benefits of school breakfast?
- Why is breakfast the most important meal of the day?

Allow teachers the opportunity to bring their classes to the kitchen to learn what it is like to prepare and serve so many meals! All grade levels are encouraged to participate.



If possible, capture the moments with pictures! Please ensure students photographed have a media release on file.

Again, for this event, please be sure to have the approval of your school principal.

5. More Celebration Ideas

- Decorate the cafeteria and serving line with balloons, posters and more.
- Organize a raffle for the students that eat breakfast in the cafeteria, with kid-friendly prizes.
- Place copies of coloring and activity sheets on the tables with crayons; hang artwork up in the cafeteria
- Have school principal serve the students breakfast for a day.
- Create a fun competition amongst classrooms; giving a prize to the class that eats the most school breakfast.
- Educate students about eating a healthy school breakfast through classroom instruction.

6. Online Resources

- http://schoolnutrition.org/uploadedFiles/2_Meetings_and_Events/NSBW_2019/Pages/NSBW19-Coloring-sheets.pdf
- https://schoolnutrition.org/uploadedFiles/2_Meetings_and_Events/NSBW_2019/Pages/NSBW19-Activity-sheets.pdf

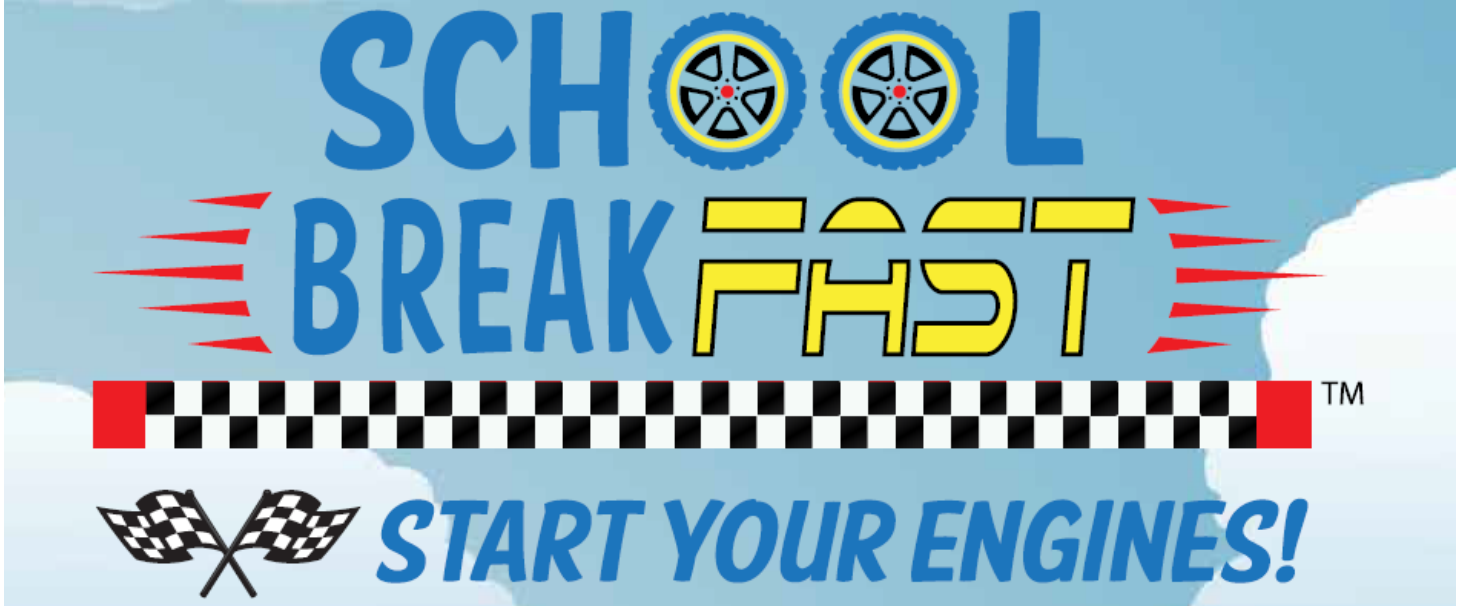
If you have any questions, please feel free to contact Ms. Angie Kasselakis, Director of Professional Development, Training and Personnel at the Department of Food and Nutrition at akasselakis@dadeschools.net or at 786-275-0455. We look forward to your feedback on the success of promoting NSBW activities during the week of March 4-8, 2019.

Please complete attached Participation Form to receive promotional materials.

Department of Food and Nutrition
 7042 West Flagler St., Miami, Florida 33144
 Phone: (786) 275-0400 | Fax: (786) 275-0842

NATIONAL SCHOOL BREAKFAST WEEK

MARCH 4-8, 2019



Participation Form

To receive promotional items, please complete and return this form to Ms. Robin Berger at rberger@dadeschools.net by **Wednesday, February 20th**. Promotional items can be given to your students in support of increasing meal participation at your school.

School Name: _____

School Location #: _____

Manager/Satellite Assistant Name: _____

of Food Service Employees: _____

Daily average breakfast meals served: _____

Requested promotional items will be sent via school mail.