

Breakfast Clubs Healthy Eating Quick Reference Guide

Breakfast clubs don't just provide breakfast: they increase children's school attendance and learning opportunities, and provide the energy and nutrition required by the body and mind for active participation in class.

This Quick Reference Guide for Healthy Eating Breakfast Clubs takes into account the Government's food-based standards for all school food other than lunches, which all local authority maintained schools in England have been required to comply since September 2007.

Eating Breakfast is known to improve:

- Energy levels
- Intake of essential vitamins and minerals
- Concentration and Memory
- Mood
- Could control weight

Skipping breakfast:

- Makes it harder to learn
- Encourages snacking on high fat, high sugar and high salt foods
- Increases risk of overweight and obesity

The key to a healthy diet is balance. A balanced breakfast includes:

A portion of fruit and/or vegetables e.g. fresh fruit (whole or chopped), fruit canned in juice, dried fruit, grilled tomatoes or mushrooms, baked beans, a glass of fruit or vegetable juice or a fruit smoothie

A portion of breakfast cereals, bread or other starchy foods: Breakfast cereals are a universally popular breakfast choice, easy and cost effective to serve at a breakfast club – aim for low sugar, salt and high fibre types. See the Which? Guide to Breakfast cereals. 'Going against the Grain':

<http://www.which.co.uk/advice/choosing-a-healthy-breakfast-cereal/the-healthiest-breakfast-cereals/index.jsp>

A portion of milk and dairy foods: e.g. low fat milk, cheese or yoghurt rich in calcium – needed for healthy bones and teeth but remember children under 2 years should drink whole milk as it contains more calories to help them grow. Children between 2 and 5 years can have semi-skimmed milk, as long as they are eating a balanced and varied diet. Whole milk may be provided until the end of the school year in which they reach five years of age.

Good Practice Checklist:

- Water freely available to drink at all times
- Fruit and/or vegetables must be provided at all breakfast clubs
- A choice of breakfast cereals offered every day – include the low sugar, low salt higher fibre types e.g. 3 cereals of which at least one is high fibre or wholegrain
- Wholemeal breads and muffins or 50:50 whole and white types offered every day
- Semi skimmed milk for cereals and to drink or flavoured low fat milks with less than 5% added sugars or honey.
- Yoghurts or fromage frais - low fat plain or fruit or mixed with cereal or fruit options
- Spreading fats - high in polyunsaturates or monounsaturates
- Cooking fats - high in polyunsaturates or monounsaturates
- If offering hot foods any accompanying condiments such as ketchup should be in single serve sachets or limited to 1 teaspoon per child
- No salt should be available to add to food after the cooking process is complete

Fast Guide to Providing Healthy Breakfast Choices

<p>Starchy foods – offer a choice everyday</p> <ul style="list-style-type: none"> • Higher fibre breakfast cereals such as raisin wheats or porridge • Allow children to mix higher fibre breakfast cereals with other popular choices that are low in sugar and salt • Wholemeal or granary breads or a 50:50 whole and white type • English muffins – preferably wholemeal – topped with sliced banana, or tomato & melted low fat cheese • Crumpets or Toasted teacakes • Toasted bagels, toasted plain raisin or currant bread • Filled pitta bread or wraps <p><i>NB Croissants and other pastries, and American Muffins are classed as cakes and may only be served at lunchtimes – not at breakfast</i></p>	<p>Dairy foods – offer 1 portion per child everyday</p> <ul style="list-style-type: none"> • On cereals – low fat milk (with a fat content of 1.8% or less) • To drink – low fat milk (with a fat content of 1.8% or less) or low fat flavoured milk drinks (with less than 5% added sugar/honey to the milk component of the drink) • Yoghurts or fromage frais – plain or fruit, on their own or top with toasted muesli or dried fruit or a fruit puree • Yoghurt smoothies or drinks (with less than 5% added sugar/honey to the milk component of the drink) <p><i>NB Whole milk may be provided until the end of the school year in which children reach five years of age – all other must be provided with low fat milk (1.8% fat or less)</i></p>
<p>Fruit & vegetables – offer 1 portion per child everyday – recommended portion size Primary school 40g and Secondary school 80g</p> <ul style="list-style-type: none"> • Fresh fruit – whole or pots of sliced or chopped fruit e.g. banana, apple, pear, peaches or soft fruits • Offer small pots dried fruit to top cereal or to nibble e.g. raisins, apricots, pineapple; Canned fruit in juice e.g. pineapple or peaches • To drink – orange, apple, pineapple juice (150ml) • Combine with yoghurt and milk for a delicious fruit smoothie (at least half milk or yoghurt and limit added sugar to less than 5g per 100ml of milk) • Fresh fruit purees to top yoghurt • Fruit kebabs • Grilled vegetables e.g. tomatoes or mushrooms • Vegetable sticks and yoghurt dips 	<p>Hot foods – serve occasionally</p> <ul style="list-style-type: none"> • Lean grilled bacon and tomato in wholemeal bun • Baked beans on wholemeal toast • Grilled tomatoes and mushrooms • Toasted English muffins with melted cheese • Scrambled or poached eggs on toast • Breakfast pittas or wraps <p><i>NB. The Government school food standards limit meat products such as sausages to no more than once in 2 weeks in the entire school day – liaison with the main school meal provider is essential before serving these products.</i></p>

N.B. Free, fresh drinking water should be available at all times

Successful breakfast clubs:

- Keep it simple!
- Have positive and enthusiastic staff encouraging children to eat a wide range of foods
- Plan a weekly menu and display it in advance
- Offer samples and tasters of new or unfamiliar products to encourage their consumption (e.g. smoothies, fruits etc)

For more information on the food-based standards for food other than lunches (including breakfast provision) see www.schoolfoodtrust.org.uk

For ideas on breakfast club planning, case studies, diet and nutrition, sourcing funds etc see www.continyou.org.uk

The School Food Trust has reviewed the contents of this document to ensure the information, advice and guidance is aligned to the 2007 School Food Regulations.