

SCHOOL BREAKFAST CLUBS PROGRAM

**THE BREAKFAST TABLE:
CONVERSATIONS,
CONNECTION &
COLLABORATION**



VIC KIDS EAT WELL SCHOOL BREAKFAST CLUB BITES

Vic Kids Eat Well is an exciting state-wide movement that's focused on transforming the food and drink environments where children and young people spend their time. Vic Kids Eat Well is supported by the Victorian Government and delivered by Cancer Council Victoria in partnership with National Nutrition Foundation.

The breakfast club bites focus on encouraging fruit and vegetables at breakfast, making water and milk the drinks of choice and fuelling with wholegrains and low sugar cereals.

Using a variety of products from the School Breakfast Clubs Program menu, schools can meet these 'bites' and make small, achievable changes to creating a more nutritious brekky club!

For more information on how to apply the school breakfast club bites, take a look at the Vic Kids Eat Well guide here:

**[vickidseatwell.health.vic.gov.au/downloads/
resources/Schools_Resources/how-to-
guides/Breakfast_club_how_to_guide.pdf](http://vickidseatwell.health.vic.gov.au/downloads/resources/Schools_Resources/how-to-guides/Breakfast_club_how_to_guide.pdf)**

Get involved!

**Register your school for Vic Kids Eat Well here:
vickidseatwell.health.vic.gov.au/join/members**



Department
of Education



Tips on how to meet the Vic Kids Eat Well Breakfast Club Bites using School Breakfast Clubs Program items.

Big bite	Small bite	Bite detail	Meet the bite with School Breakfast Club Program menu items
Boost breakfast	Fuel up with wholegrains	Offer at least one wholegrain/ wholemeal bread or cereal option.	Offer wholemeal bread or toast, or include any of the SBCP cereals to achieve these bites!
	Fuel the fun with low sugar cereals	Offer cereals and/ or grains low in added sugars. Do not offer sugary cereals.	
	Boost breakfast for strong bones	Offer at least one option of unflavoured milk, yoghurt, cheese and/or alternatives.	Provide milk for drinking as well as for cereal! We also have a Lactose Free option.
Eat for a brighter start	Provide healthier drinks	Offer water, unflavoured milk and/or milk alternatives, and/or 100% fruit juice. Sugary drinks should never be provided.	Milk is available, and you could juice some apples or oranges for a fresh 100% juice. Don't forget to hydrate with water!
	Keep occasional food occasional	Remove pastries, croissants, cakes, muffins, muesli bars and slices from your regular breakfast offering.	Get creative and use SBCP products to make your own nutritious snacks. You can find recipes on the School Breakfast Clubs Program website!
Colour breakfast with fruit and vegetables	Colour breakfast with fruit	Offer at least one fresh, tinned or frozen fruit option.	"Grab & Go" with our whole fruit options including apples, oranges, pears and bananas!
	Colour breakfast with vegetables	Offer at least one fresh, cooked, tinned or frozen vegetable/ legume option, when possible.	Get a serve of veggies in at breakfast - offer carrots and baked beans!