



HOW TO APPLY THE SCHOOL BREAKFAST CLUB BITES

A great education starts with kids having the energy and focus to learn at school. Boosting healthy and delicious food and drink options at a school breakfast club enables kids to start their day with a nutritious meal to give them the energy they need to thrive.

Vic Kids Eat Well breakfast club bites focus on including healthier drinks, fuelling with wholegrains and low sugar cereals, and colouring breakfast with fruit and vegetables. A varied diet – including foods from the five food groups – can help to improve kids’ concentration, mood, memory, learning, academic performance and mental wellbeing.

Providing healthier food and drinks at school breakfast clubs also helps to meet the Department of Education’s [Canteens, Healthy Eating and Other Food Services Policy](#). This guide outlines a series of simple, actionable steps to improve the variety and quality of food at your breakfast club in line with the Vic Kids Eat Well bites.

SCHOOL BREAKFAST CLUB BITES

The bites are categorised into ‘big bite’ and ‘small bite’ action areas. Each small bite is described in the table below. The process is the same for each of the bites. You can try one bite at a time or do them all at once. Whichever approach you take, this guide will support you each step of the way.

Big bite	Small bite	Bite detail (on the regular breakfast menu)
<u>Boost breakfast</u>	Fuel up with wholegrains	Offer at least one wholegrain/wholemeal bread or cereal option.
	Fuel the fun with low sugar cereals	Offer cereals and/or grains low ¹ 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 ² .
<u>Eat for a brighter start</u>	Provide healthier drinks	Offer water, unflavoured milk and/or milk alternatives ² , and/or 100% fruit juice ³ . Sugary drinks ⁴ should never be provided.
	Keep occasional food occasional	Remove pastries, croissants, cakes, muffins, muesli bars and slices from your regular breakfast offering.
<u>Colour breakfast with fruit and vegetables</u>	Colour breakfast with fruit	Offer at least one fresh, tinned or frozen fruit option.
	Colour breakfast with vegetables	Offer at least one fresh, cooked, tinned or frozen vegetable/legume option, when possible.

¹ Breakfast cereal is considered low in added sugar if it contains:
 – less than 20g sugar per 100g if dried fruit is not an ingredient, OR
 – less than 25g sugar per 100g if dried fruit is an ingredient.

² Alternatives must be calcium fortified. Calcium-fortified products should contain at least 100mg of calcium per 100ml of milk alternative

³ 100% fruit juice means at least 99% fruit juice with no added sugar. Fruit juice should only be provided in serve sizes of up to 250ml.

⁴ Sugary drinks include: soft drinks, energy drinks, sports drinks, flavoured mineral waters, cordial or fruit juice drink.



REVIEW: YOUR CURRENT BREAKFAST CLUB MENU

A school breakfast club can take many forms. Your school might offer a breakfast club every day or once per week. Your menu might be the same each day or rotate from week to week. The bites refer to your school's regular breakfast club menu.

If you are setting up a new breakfast club, skip to 'Plan' on the next page.

Start by reviewing the breakfast club menu. This will help identify which food items should be added or replaced. Consider:

- The different sources of grains and cereals already available at your breakfast club.
- The availability of low-sugar cereal options at your breakfast club.
- The milk, yoghurt, cheese and/or alternatives available at your breakfast club.
- All drinks available at your breakfast club.
- Menu items that include fruits and vegetables.
- Removing the pastries, croissants, cakes, muffins, muesli bars and slices available at your breakfast club.
- The diversity of the school community, ensuring that the dietary needs and cultural preferences of all students are considered—including medical dietary requirements (such as anaphylaxis and allergy considerations).

VICTORIAN GOVERNMENT SCHOOL BREAKFAST CLUBS PROGRAM

The menu items in the Victorian Government's [School Breakfast Clubs program](#), delivered by Foodbank Victoria, have been assessed by the Healthy Eating Advisory Service and meet the Department of Education's [Canteens, Healthy Eating and Other Food Services policy](#).

If you are supplementing your School Breakfast Clubs program menu with additional items, ensure that you utilise the recommendations in this guidance to continue to meet these standards.

DONATIONS AND PURCHASED PRODUCTS

There may be times when your school receives donations of foods and drinks from local suppliers such as a bakery, supermarket, grocer or farmer. If using these items as part of your breakfast club, speak with the supplier/s about products they may be able to donate to contribute to a nutritious breakfast in the future.





PLAN: HOW WILL YOU MAKE THE CHANGES?

Prepare for change

You can make changes all at once or use a gradual approach:

- All at once involves making the changes overnight or all in one go. An ideal time to do this is at the beginning of a new school year or term.
- A gradual approach gives students more time to get used to the changes and an opportunity to try alternative options. There are a few different ways you could take a gradual approach:
 - Replace the least popular items first, then work on replacing the more popular options.
 - As the stock you are phasing out decreases, replace with options suggested in this How-to Guide.
 - Organise a taste test to introduce new menu items and gather student feedback.

Engage students, families and staff

Look for ways to engage your school community in making changes. Take opportunities to talk to families, staff, students, canteen staff and volunteers to get a sense of the ‘appetite’ for change and the best way to introduce changes in the school’s breakfast club.

Involve the Parents and Friends Association, School Council, Sustainability Club or Wellbeing Committee if there is one.

Resources to support you

- If baking on-site, head to the [Healthy Eating Advisory Service’s ‘recipes’ section](#) of their website.
- Foodbank’s [School Breakfast Club Program Resources](#) webpage for tips and templates including advice on how to engage volunteers and request food from external suppliers.
- You can use the free product assessment tool, [Food Checker](#), to identify healthier breakfast items. Search or assess products in the category section relevant to the product type. All breakfast items classified as **GREEN** or **AMBER** in [FoodChecker](#) are considered healthier options.





ACT: IT'S TIME TO PUT IT INTO ACTION!

BOOST BREAKFAST – WHAT'S INVOLVED?

There are many healthier food and drinks that can be offered at breakfast clubs to 'Boost breakfast'. There are three small bites to complete under 'BOOST BREAKFAST'.

1 Fuel up with wholegrains

To fuel up with wholegrains: Offer at least one wholegrain/wholemeal option every day. Options could include:

- Wholemeal or wholegrain toast, muffins, crumpets or English muffins, served with spreads, baked beans, cheese, mashed banana or other sliced fruit.
- Low sugar and wholegrain cereal options, such as oats, untoasted muesli, wheat biscuits or bran flakes.

TIP: Wholegrains include wheat, oats, rice, barley, corn and rye. Look for these in the ingredient list and choose cereals where wholegrains are listed as the first ingredient.

FUN FACT: Wholegrains are an important source of long-lasting energy and fibre, giving children the fuel they need to learn and play during the day.

2 Fuel the fun with low sugar cereals

To fuel the fun with low sugar cereals: Offer cereals and/or grains low in added sugars. Do not offer sugary cereals. Replace sugary cereals with options such as:

- Traditional oat porridge.
- Congee with meat, chicken and/or vegetables.
- Cereals such as wheat biscuits, shredded wheat, oats, bran and untoasted muesli.

- * Breakfast cereal is considered low in added sugar if it contains:
- less than 20g sugar per 100g if dried fruit is not an ingredient, OR
 - less than 25g sugar per 100g if dried fruit is an ingredient.

IDEAS TO TRY

- As a curriculum activity, prepare a muesli that includes plain oats, cinnamon and seeds, and serve with fruit.
- Add fruits such as berries, banana slices, apple or pear chunks, to sweeten breakfast cereals. This will add vitamins, fibre and antioxidants without the added sugar and make progress towards the 'Colour breakfast with fruit and vegetables' bite.

3 Boost breakfast for strong bones

To boost breakfast for strong bones: Offer at least one option of milk, yoghurt, cheese and/or alternatives*.

- * Alternatives must be calcium fortified. Calcium-fortified products should contain at least 100mg of calcium per 100ml of milk alternative.

Options can include plain milk, plain yoghurt, lactose free milk or yoghurt, calcium-fortified unsweetened milk and yoghurt alternatives. Choose mostly reduced-fat milk, cheese and yoghurt options as these are suitable and recommended for children as per the

[Australian Dietary Guidelines](#).

IDEAS TO TRY

- Swap fruit drinks to fruit smoothies made with milk or calcium-fortified alternatives, blended with fruits such as strawberries, bananas, pear or mango for a creamy and nutritious option.
- Swap flavoured yoghurt for plain yoghurt and add your own fruit.



EAT FOR A BRIGHTER START – WHAT’S INVOLVED?

There are many healthier menu items that can be offered at breakfast clubs to ‘Eat for a brighter start’. There are two small bites to complete under ‘EAT FOR A BRIGHTER START’.

1 Provide healthier drinks

To provide healthier drinks: Offer water[^], unflavoured milk and/or milk alternatives*, and/or 100% fruit juice**. Remember that sugary drinks*** should never be provided in schools in accordance with the Department of Education’s [Canteens, Healthy Eating and Other Food Services Policy](#).

[^] Tap water where available is preferred.

* Alternatives must be calcium fortified.

** 100% fruit juice means at least 99% fruit juice with no added sugar.

Fruit juice should only be provided in serve sizes of up to 250ml.

*** Sugary drinks should never be provided including: soft drinks, energy drinks, sports drinks, flavoured mineral waters, cordial or fruit juice drinks.

TIP: Ensuring access to free drinking water at your school breakfast club is important. Make sure that free drinking water and any water bottle refill stations are well promoted and easy for kids to access.

IDEAS TO TRY

For a fun twist, offer plain water or plain sparkling water with fruit to add colour and flavour!

- Top plain water with fresh or frozen fruits or vegetables, such as orange slices, strawberries, apple, mint or cucumber.
- Make smoothies with yoghurt, milk and fresh, canned or frozen fruit to boost breakfast for strong bones at the same time!
- Consider using long life or UHT (ultra heat treated) milk for extended shelf life and reduced waste.

2 Keep occasional food occasional

To keep occasional food occasional: Remove pastries, croissants, cakes, muffins, muesli bars and slices from your regular breakfast offering. This includes:

- Removing sweet and savoury pastries such as croissants, danishes, pies, pasties and sausage rolls.
- Removing cakes, muffins and slices, regardless of their serving size.

The Department of Education’s [Canteens, Healthy Eating and Other Food Services policy](#) supports Victorian government schools to provide nutritious food and drinks to all Victorian students. Sugary drinks and confectionary should never be provided in schools in accordance with the Department of Education’s [Canteens, Healthy Eating and Other Food Services Policy](#).

Confectionary includes:

- Chocolate, including milk, dark and white chocolate, chocolate/nut spread, as well as cacao nibs (note: cocoa powder is not considered confectionary).
- Lollies, such as gummies, jelly lollies, marshmallow, hard candy and caramel.
- Fudge, honeycomb, nougat, toffee or praline.
- Yoghurt compound or yoghurt-flavoured coating.

IDEAS TO TRY

Replace occasional foods with healthier alternatives such as:

- Vegetable-packed frittatas or mini omelettes made in muffin tins.
- Alternative spreads for toast/bread like cottage cheese, ricotta, avocado, tomato or mashed banana.



COLOUR BREAKFAST WITH FRUIT AND VEGETABLES – WHAT'S INVOLVED?

There are many healthier food and drinks that can be offered at breakfast clubs to 'Colour breakfast with fruit and vegetables'. There are two small bites to complete under 'COLOUR BREAKFAST WITH FRUIT AND VEGETABLES'.

1 Colour breakfast with fruit

To colour breakfast with fruit: Offer at least one fresh, tinned or frozen option. Options can include:

- Any fresh fruit such as apples, bananas, pears, oranges, mandarins, stone fruits and berries.
- Tinned or canned fruit such as fruit cups. Choose fruit in natural juice rather than in syrup.
- Frozen fruit is a great option for making smoothies, adding to porridge or sprinkling on top of cereal.

IDEAS TO TRY

- Offer single pieces of fruit or prepare a fruit salad. Where possible, choose fruits that are in season. Seasonal fruits are more flavourful and cost-effective.
- Frozen fruit smoothies.
- Sprinkle fresh or frozen fruit on top of cereal or porridge.

TIP 1: Consider where fruit could be included in the menu and whether fresh or tinned options would be preferable.

TIP 2: Work towards multiple bites at the same time by adding fruit and milk to a wholegrain, low sugar cereal.

2 Colour breakfast with vegetables

To colour breakfast with vegetables: Offer at least one fresh, cooked, tinned or frozen vegetable/legume option, where possible. Options include:

- Fresh vegetables such as carrots, celery or cherry tomatoes.
- Vegetables in a prepared dish, such as a zucchini slice.
- Canned vegetables, such as canned corn in corn fritters.
- Baked beans on toast.

IDEAS TO TRY

- Fresh vegetables/vegetable skewers.
- Vegetable toasted sandwiches.
- Frittata or filo quiche with vegetables.
- Filo pastry triangles with roast pumpkin and feta or spinach and ricotta.
- Wholemeal toast topped with spinach and avocado.

TIP: Fill menu items with delicious and colourful vegetables to help kids get their recommended 5 serves of vegetables per day. One serve of vegetables is approximately 75 grams or:

- 1/2 cup of cooked vegetables, such as broccoli, carrots, corn or peas.
- 1/2 cup of cooked dried peas, beans or lentils.
- 1 cup of green leafy or raw salad vegetables, such as lettuce, cucumber, capsicum or cherry tomatoes.
- 1/2 medium potato, sweet potato or other starchy vegetables (such as taro or cassava).

MENU IDEAS AND PREPARATION

Limited equipment?

Discover the food and drink options you can create with the equipment you already have.

Preparation	Suggested equipment	Menu ideas that meet the breakfast club bites
Minimal preparation required	<ul style="list-style-type: none"> • Fridge for appropriate storage • No preparation equipment required 	<ul style="list-style-type: none"> • Whole fresh fruit such as apples, pears, bananas and mandarins • Canned fruit in natural juice, such as ‘Two Fruits’ or ‘Fruit Salad’ varieties • Ready-to-eat fresh vegetables such as carrots, baby cucumbers, cherry tomatoes or spinach • 100% fruit juice • Plain water with fruit or mint • Unflavoured milk including long life or UHT (ultra heat treated) milk • Plain yoghurt served with fresh or canned fruit • Cereals such as wheat biscuits, shredded wheat, oats or untoasted muesli topped with strained tinned/canned fruit
Preparation required	<ul style="list-style-type: none"> • Fridge for appropriate storage • Knives • Chopping boards • Toaster • Blender • Microwave • Sandwich press • Skewers 	<ul style="list-style-type: none"> • Colourful fresh fruit salad • Fruit skewers/kebabs • Smoothies made with yoghurt, milk and a blend of fresh or frozen fruits and vegetables • Microwaved oat porridge topped with fresh, frozen or tinned fruit • Toasted sandwiches filled with fresh vegetables such as tomato, mushrooms or spinach • Wholemeal or wholegrain toast, wraps, English muffins or crumpets served with cottage cheese, ricotta, tinned baked beans (salt-reduced), avocado, mashed banana or other sliced fruit • Burrito bowls including red kidney beans, corn and vegetables of your choice
Preparation and cooking required	<p>As above, plus:</p> <ul style="list-style-type: none"> • Stovetop • Pots • Oven • Oven trays 	<ul style="list-style-type: none"> • Frittata or filo quiche with vegetables • Filo pastry triangles with roast pumpkin and feta or spinach and ricotta • Congee with chicken and vegetables • Wholegrain wraps, toast or English muffins topped with eggs and vegetables such as avocado, sautéed mushrooms or cherry tomatoes

WHAT'S NEXT?

COMMUNICATE AND CELEBRATE

- Inform students and families about the changes and highlight the benefits of the new menu items for students such as improved energy, focus and mental wellbeing.
- Highlight your exciting changes and Vic Kids Eat Well bite completion via your school's newsletter or social media.
- Display delicious breakfast items on a menu board.

Get in touch with us at Vic Kids Eat Well so we can highlight your story on our networks!

Fill out our [case study form](#) to be featured in a case study.

Let your local Health Promoter know you have completed a Vic Kids Eat Well bite to receive your reward!

