



SCHOOL BREAKFAST CLUBS

HELPING STUDENTS START THE DAY RIGHT



1 IN 7 CHILDREN GO TO SCHOOL HUNGRY EACH DAY

“YOU CANNOT EXPECT A CHILD TO CONCENTRATE, TO PARTICIPATE, TO SOCIALISE, TO GROW AND DEVELOP, WHEN THEY ARE UNDER A CLOUD OF HUNGER.”

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DAVE MCNAMARA - FOODBANK VICTORIA CEO



The School Breakfast Clubs program is a partnership between the Victorian Government and Foodbank Victoria to address the rates of hunger and disadvantage in the classroom.

There are significant consequences of not eating a healthy breakfast that impact negatively on a child's learning and overall wellbeing.

Teachers report that students can lose more than two hours of learning time each day when they arrive at school hungry.

The School Breakfast Clubs program was launched in 2016 and is delivering healthy breakfast foods to 500 of the most disadvantaged primary schools across Victoria.

More than 50,000 breakfasts are being served each week through School Breakfast Clubs.

Of teachers and schools surveyed:

- 81% report improved concentration for students attending Breakfast Club
- 76% report improved social relationships
- 72% report improved engagement in classroom activities
- 70% report improved behaviour
- 64% report improved academic outcomes.

Almost all schools (98%) reported additional benefits around informal learning in the Breakfast Club environment, including knowledge about nutrition.

The program is also helping to develop leadership skills in students who take on duties to help run their club.

With volunteers required to supervise and assist, School Breakfast Clubs are nourishing connections between students, teachers, parents and other members of their communities.

“VOLUNTEERING HAS PROVIDED ME WITH A PURPOSE TO LIFE POST-RETIREMENT... AND GIVEN ME AN OPPORTUNITY TO MAKE A DIFFERENCE AND FEEL VALUED.”

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KEN SWAN, SCHOOL BREAKFAST CLUB VOLUNTEER
AT GLENGALA PRIMARY SCHOOL

KEEN TO VOLUNTEER?

VISIT WWW.FOODBANKVICTORIA.ORG.AU/VOLUNTEER

SCHOOL BREAKFAST CLUBS MENU

MADE IN VICTORIA, BY VICTORIANS



- › **OATS**
- › **CEREAL**
- › **MUESLI**
- › **MILK**
- › **BAKED BEANS**
- › **CANNED FRUIT**
- › **FRUIT PACKS**
- › **FRESH APPLES**
- › **VEGEMITE**
- › **HONEY**



FOR MORE INFORMATION ABOUT THE SCHOOL
BREAKFAST CLUBS PROGRAM OR HOW YOU CAN GET
INVOLVED, PLEASE CONTACT FOODBANK VICTORIA:



03 9362 8300

www.foodbankvictoria.org.au