



School Breakfast Program Toolkit

Feeding Western Australians in need every day

HELLO, WE'RE FOODBANK WA

We believe everyone should have access to healthy food. There are Western Australians going without every day, *and we are working hard to change that.*

We provide food and groceries to those who struggle to afford them. We deliver nutrition education to promote healthy eating and advocate on behalf of people that experience food stress.

Last financial year we provided more than 9.2 million meals to Western Australians through our charity partners and schools.

Sadly, we know that there is still an unmet gap of 30%.

Last year more than 370,000 Western Australia households went hungry due to lack of funds, skipping meals or going whole days without eating.

Over 120,000 children in Western Australia lived in severely food insecure households.

Times are tough. There are many reasons why people find themselves struggling to afford enough food.

The need to support each other has never been this great. Many people are reaching out for help for the first time in their lives.

Together we can help get food to Western Australians who need it.



HOW WE HELP

There are many reasons why people may need help to access good quality, healthy and affordable food. In many circumstances people only need help on a temporary basis to get through a difficult time due to an unexpected bill, health issues, family separation, rising living costs or loss of job security.



Feed

We provide access to food and groceries to everyday Western Australians who are struggling to afford regular meals.

Educate

We provide healthy eating and cooking classes to help people learn how to meal plan and prepare healthy meals on a budget.

Advocate

We raise awareness of the many societal reasons why people may find themselves in food stress and advocate for change.



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Written by **Miranda Chester**

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Section 1.0

How to register





1.1 About the School Breakfast Program

The School Breakfast Program exists to ensure all students have access to a healthy and nutritious breakfast before the school day begins, fuelling their minds and bodies to learn. While soothing a rumbling tummy is the most immediate impact, the positive health, social and educational benefits extend to the wider school community.

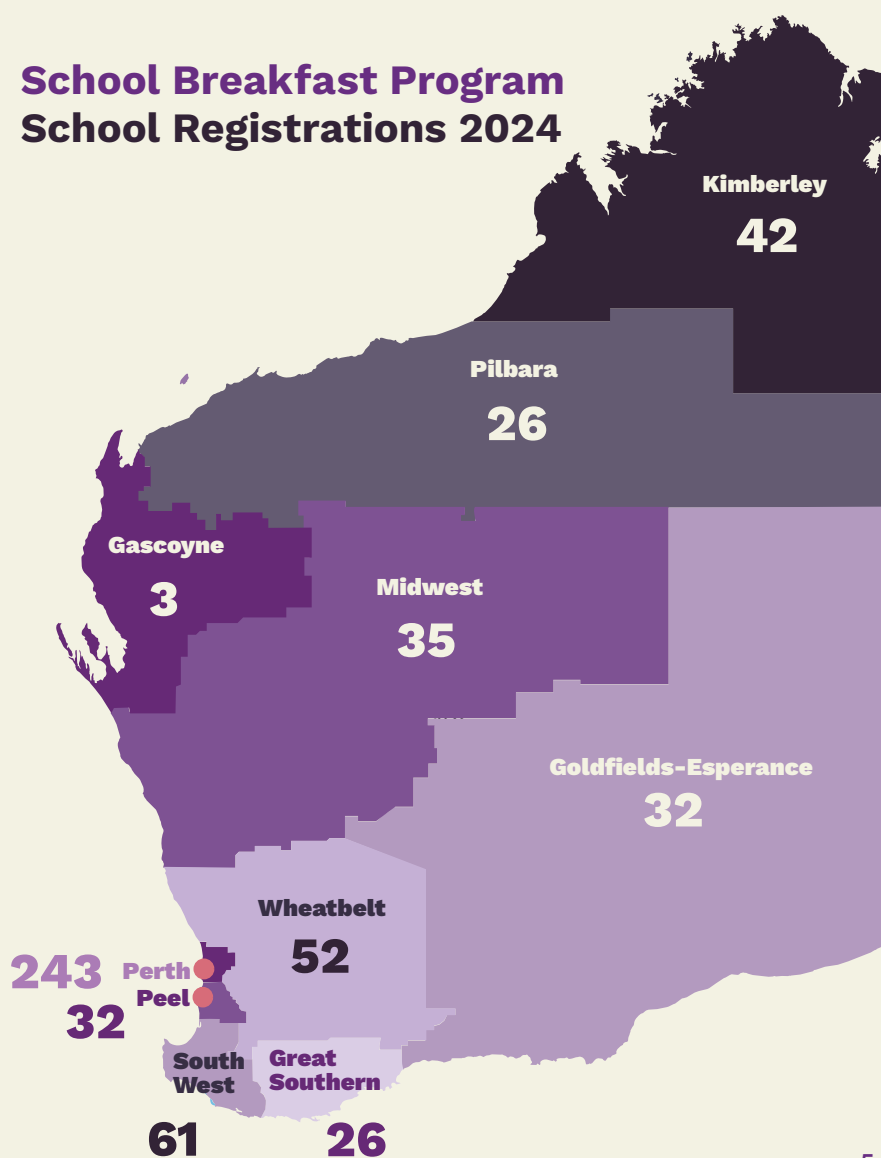
Foodbank is WA's largest School Breakfast Program supplier. The Program has grown from 17 schools in 2001, to now feeding over 26,100 students in over 550 schools across the state. The Program extends from Kalumburu and Kununurra in the North, to Esperance and Albany in the South, to remote schools along the South Australia/Northern Territory borders.

Thanks to the support of our generous government, corporate and philanthropic sponsors, we provide quality breakfast product to registered schools free of charge, and deliver the product to schools in outlying regional areas.

1.2 How to register

All Western Australian schools are welcome to apply for the Program. Contact us on 9258 9277 (option 3) or email schoolbreakfastprogram@foodbankwa.org.au to register or find out more.

School Breakfast Program School Registrations 2024





1.3 What the science says

Peer-reviewed research into the impacts of consuming a regular breakfast show numerous significant benefits.

We have conducted evaluation and research for over 20 years. Results consistently show positive impacts across a range of health, social and educational outcomes.

Benefits of consuming a regular nutritious breakfast

- » Consistent memory function improvement in under-nourished children (attention span, recall, concentration)
- » Improves natural growth and development in disadvantaged communities
- » Positively influences mental wellbeing – can reduce chances of students developing mental health problems in early adulthood

Impacts of our School Breakfast Program

- » Improved student nutrition, and increased fruit and vegetable intake among students
- » Improved academic achievement, concentration, readiness for learning and productivity in classwork
- » Reduced absenteeism and behaviour issues
- » Reduced food insecurity and financial strain in low socio-economic families
- » Better social relations with other students
- » Improved awareness/management of children's social issues through forming relationships with staff/volunteers
- » Sense of belonging and safety
- » Improved physical and mental health

During school years, young people develop habits which carry through to adulthood. School breakfast programs like ours provide opportunities to model healthy food selection and eating behaviours to children who may not be seeing this at home.

To view annual evaluation reports please visit foodbank.org.au/WA/nutrition-education-reports.





Running a successful School Breakfast Club





2.1 Do we need a breakfast club? Identifying the need

School breakfast club initiatives work best when the purpose behind them is clearly understood. The key is to identify issues or 'demonstrated need' in the school community that might be addressed through a breakfast program. Consider whether the following issues currently exist in your school:

- » Lethargic or over-active children, unable to focus on tasks
- » High rates of absenteeism
- » Poor physical or mental health
- » Lack of engagement
- » Bullying or fighting in the playground
- » Food theft
- » Families experiencing food insecurity

We assess applications based on demonstrated need in the school community, but need is not always obvious. We recommend you carry out a needs assessment. Most schools find the best way to do this, is to ask the children themselves.

You may decide to survey your students, or teachers and support staff could ask students about breakfast intake over a period of days. Some schools found that up to 50% of students were either not having breakfast at all or eating an inadequate or inappropriate breakfast (e.g. chocolate and soft/energy drinks).

Cloverdale Primary School is a great example of a breakfast club needs assessment. This led to the trial which started our Program in 2001. Read about it in our [More than a Good Breakfast](#) Case Study Storybook.

2.2 Starting a breakfast club

Building relationships and obtaining stakeholder support is critical to the success of your breakfast club. Stakeholders include:

- » Principal (to obtain initial approval and ongoing support)
- » School staff (to secure understanding and support)
- » Volunteers (to ensure satisfaction and retention)
- » Students (to promote participation and enjoyment)

Key points to consider:

- » Prior to starting the club, promote how the club will benefit students, teachers and the wider school community in a clear and inclusive manner
- » Encourage teachers and other support staff to attend regularly either to help out or simply to interact with students in a non-classroom setting
- » Consider inviting all interested students to participate in the breakfast club rather than simply targeting specific students
- » Engage with the school's 'Parents and Community' or similar association for their support and to promote the program through their networks. These committees may also be able to provide financial support to purchase products not supplied through Foodbank WA.



2.3 What does a breakfast club 'look' like in practice?

Do you want a formal 'breakfast club' or a discreet 'as needs' supply? Your school may choose one or both formats depending on students' needs, school resourcing and logistics. Delivering a formal breakfast club requires more resources and volunteers than the more casual 'as needs' option.

Formal breakfast club model

- » When? At a set time before school, one to five days a week.
- » Where? In an appropriate area of the school with access to water, power, serving tables and seating.
- » What? Depending on facilities and resources, schools may serve the full range of food products, or a select few.
- » Who? The majority of schools open the breakfast club to all students, however some may target a specific cohort of students.

We recommend an all-inclusive breakfast club as it allows students to participate without feeling the 'stigma' of being singled out as 'needy'. Many students would rather go without breakfast than feel they are drawing attention to themselves. Schools report that the 'all-inclusive model' promotes a sense of community and positive relationships between students, staff and volunteers.

'As needs' supply model

Informal 'as needs' supply is where schools supply breakfast to students in need on a case-by-case basis, using stocks of non-perishable breakfast foods held at the school. 'As needs' is a good option for smaller schools or those experiencing low or intermittent demand. Ensure all staff are aware of how and where to access breakfast foods from if they are approached by students.

2.4 Operating your breakfast club

There is no one 'correct' way to run a breakfast club. We encourage you make the most of this flexibility and find the method that works for your school.

We provide:

- » Specific staple food products (products and ordering covered in [Section 3](#))
- » A network of information and resources to support the growth and success of your club

The school is responsible for:

- » Organisation and running of the breakfast club 'on the ground'
- » Deciding which model to run and on which days
- » Sourcing other food/non-food items (from Foodbank WA and other sources)
- » Rostering of volunteers to prepare, serve and clean up



2.4.1 Resources and venue

Here are some other resources you may need to run your breakfast club.

Amenities	Preparation	Serving
<ul style="list-style-type: none"> » Fridge and freezer » Cupboards or storeroom » Tables and chairs 	<ul style="list-style-type: none"> » Chopping boards » Knives » Toaster, sandwich/jaffle press » Serving spoons, tongs, spatula, can opener 	<ul style="list-style-type: none"> » Cutlery (knives, spoons, forks) » Plates, bowls » Cups, glasses » <i>Superhero Foods</i> placemats
Food and consumables	Optional	Cleaning
<ul style="list-style-type: none"> » School Breakfast Program food products » Other food products » Containers, plastic wrap, alfoil » Serviettes, paper towel 	<ul style="list-style-type: none"> » Microwave » Electric frypan, stove-top » Oven » Muffin tins » Blender or stick-mixer » Whiteboard/blackboard to write menu on » <i>Superhero Foods</i> books and collectable game cards 	<ul style="list-style-type: none"> » Washing up facilities » Tea towels, sponges » Dishwashing liquid

Ideal venues for a breakfast club include the canteen or home economics room. If an indoor area is not available, an undercover area or multi-purpose wet area is a good option. Consider storage for food and all the resources needed to run the breakfast.

Here are some tips from other schools:

- » Avoid using the staff room or other spaces required before school starts
- » If you are planning to use the canteen area, first consider whether breakfast would interfere with food preparation and other canteen duties
- » Try to find a location where desks and chairs can be set-up to create a dining room style environment. This encourages students to sit and eat together, providing an opportunity to chat and connect with fellow students and staff.



1) A suitable outdoor space



2) A suitable indoor space



3) A suitable indoor space



2.4.2 Volunteers

Upon registration, each school nominates a coordinator to be the main contact with Foodbank WA. This could be a teacher, school admin or support person, canteen manager, parent or community volunteer. The coordinator may manage 'on the ground' activities (such as rostering volunteers), or delegate to others.

Every school runs their club differently. Some schools have their student council or leadership group assist with running the breakfast club, or senior students may assist on a roster system. Teachers, parents and community members can all help to support the breakfast club.

The following tips for finding (and keeping!) volunteers:

- » Promote ways that parents or community members can support the breakfast club other than physically helping out. Many parents aren't available at breakfast time but are willing to contribute in other ways, such as sourcing outside funding/food items, or sponsoring the breakfast club through their workplace
- » Advertise in the school newsletter
- » Don't rely on just a couple of key volunteers. Use a roster system and try to involve as many people as possible to share the load
- » Highlight the benefits of the breakfast club to parents and encourage their involvement
- » Encourage parents to observe the breakfast club in action so they can understand how it works and provide feedback
- » Include volunteers in the school community as much as possible by:
 - » Inviting them to school functions
 - » Sending them the school newsletter
 - » Organising 'thank you' morning teas
 - » Acknowledging them at assemblies and in newsletters
 - » Nominating them for Foodbank WA's School Breakfast Program Volunteer Awards



A fantastic way to attract and retain volunteers is to promote the benefits of volunteering including improved mental health, happiness and a sense of belonging. We support the 'Act- Belong- Commit' message and breakfast club is the perfect way to incorporate this at your school. Find out more in [Section 4](#) or visit actbelongcommit.org.au

The following organisations may be able to assist in finding volunteers:

- » EdConnect Australia (connecting volunteers with schools)
(08) 9444 8646 or edconnectaustralia.org.au
- » Lions and Rotary Clubs (organisations dedicated to providing support to local communities)
lionsclubs.org.au or my.rotary.org/en/club-search
- » Volunteering WA (connecting volunteers to groups requiring assistance)
(08) 9482 4333 or volunteeringwa.org.au
- » Go Volunteer (an initiative of Volunteering Australia – free to register)
govolunteer.com.au



2.4.3 Food safety and hygiene

It is important to understand correct food handling procedures to ensure the health and safety of all participants. Hygiene, cooking and storage procedures are essential in avoiding food poisoning from bacteria which can quickly grow to dangerous levels in the wrong environment. Storing food carefully can also reduce waste, save money and cut shopping time. Below are some key tips and tricks to keep your breakfast club safe!

Hand hygiene

Remove any jewellery before washing your hands. Wash for approximately 20 seconds (or as long as it takes to sing 'happy birthday' twice) with warm soapy water, paying particular attention to your palms, back of hands, around the wrist and in between fingers. Rinse with warm water and dry thoroughly using a clean cloth or paper towels. Repeat frequently, especially after handling food such as raw meats and poultry, and after visiting the toilet, touching your hair, clothes, skin or equipment. Whilst gloves may be helpful in situations where people have band-aids covering open wounds, there is no requirement for gloves to be used within your breakfast club.

Clean and prepare

- » Clean all food preparation areas, equipment and utensils before and after use
- » Use separate chopping boards for raw meat products and other ingredients
- » Wash fruit and vegetables thoroughly before preparing

Cook or heat

- » Reheat foods to 'steaming hot' all the way through before serving or eating
- » Never reheat cooked foods (including vegetables and rice) more than once
- » Keep hot foods steaming hot; at or above 60°C
- » Do not leave cooked food at room temperature for more than two hours.

Chill

- » Fridge temperature must be under 5°C and freezer around -18°C
- » Keep cooked and perishable foods in the refrigerator
- » Cover and refrigerate hot foods as soon as they stop steaming

Storage life of food

- » 'Best before date': after this date, food quality or texture may decline, but food may still be safe to eat for 6 months past this date if stored correctly.
- » 'Use-by date': after this date the food is no longer considered safe to eat and should be thrown away
- » Store food in airtight containers to keep it fresh and pest-free
- » Use up older packets and cans before more recently purchased ones.
- » If in doubt throw it out

Our bright and informative hand washing, knife safety and cleaning up posters will bring a splash of colour and fun to your breakfast club area. Check out the [Superhero Foods](#) section for more information.

More food safety resources can be found at the [HealthyWA](#) website.



2.4.4 Allergies and intolerances

Around 1 in 20 children have food allergies. Nuts are not the only allergen to be aware of – the most common are sesame, wheat, milk, fish, egg, shellfish, soy, lupin as well as tree nuts and peanuts. Please:

- » Familiarise yourself with your school's allergy action plan.
- » Consider having key staff or volunteers, such as those deciding which foods to offer, complete food allergy training. The National Allergy Council's free [All About Allergens for Schools](#) online course covers allergens and best practice in management and risk-reduction in the school context.

2.5 Breakfast Club maintenance tips

- » Roster volunteers for tasks (set/pack up, food service, sourcing food)
- » Roster students or volunteers to assist with food preparation and use your breakfast club to teach students hospitality and customer service skills
- » Identify tasks that are suitable for children, such as washing their own dishes. This empowers them to take responsibility and develop independent living skills
- » Provide food on a rotational menu so students try a variety of foods. Display the menu in a prominent location. Consider themed days e.g. 'Baked bean toastie Mondays' or 'Fruit smoothie Fridays'
- » Encourage parents/volunteers to cook specialty dishes (consider food allergies)
- » Encourage mums/dads/grandparents to attend
- » Invite prominent community members (e.g. local legends police, emergency service representatives) who can act as role models for the children. Ask them to do a short motivational speech on topics such as believing in yourself, and to explain the benefits of a good breakfast for a healthy mind and body to learn, think and grow
- » Use resources from [Superhero Foods HQ](#) to increase engagement (posters, placemats, collector cards)
- » Run a competition to name your breakfast club
- » Display the School Breakfast Program participation certificate in your breakfast club area
- » Write a breakfast club article for your school newsletter with pictures of students and activities that have grown from it
- » Share any breakfast club articles and social media posts with Foodbank WA
- » Thank and communicate with breakfast club sponsors and volunteers on a regular basis
- » Share positive breakfast club stories with the school community
- » Encourage children of all ages to participate in the breakfast club and interact with each other (builds social skills)
- » Work with students to develop breakfast club rules and display in the breakfast club area
- » We love hearing about what member schools are up to! Tag #foodbankwa in social posts or email your stories to schoolbreakfastprogram@foodbankwa.org.au

2.6 Sourcing extra support

While Foodbank supplies some food products free of charge, schools often need extra funds for purchasing equipment, consumables and supplementary foods (such as margarine). When seeking additional support, remember the mantra 'it can't hurt to ask'. Consider

- » Local business support: Most businesses (even non-food businesses) are very motivated to support good causes in their local community. Approach your local supermarket or community store and



tell them about your breakfast club and the benefits to your school community. Explain that whilst most food is supplied by Foodbank WA, your club needs other items to run. Offer to show your appreciation by mentioning their support in school newsletters and other publications. Participating schools have accessed consumables (paper towel, cling wrap) and other food products (left-over bread or fruit, margarine, eggs) through local businesses. The support could be one-off or ongoing; it could be an outright donation or discounts.

- » Community interest or philanthropic groups: (e.g. retiree associations, Lions Clubs, Rotary Clubs) may provide support in the form of fund donations, equipment (e.g. toaster, microwave, fridge) or volunteer help
- » Grants: some schools have been successful in securing grants, such as the Woolworths, Aldi and IGA community grants. These applications are driven and submitted by the school.

Remember, support can come from the most unlikely of places. One school received an unexpected donation of \$500 from a local business, who heard about the enormous success of their breakfast club and wanted to contribute. Make sure your community hears about your breakfast club – spread the word!

2.7 Superhero Foods®: Bringing your breakfast club to life!

Create a fun and engaging breakfast club space with our range of *Superhero Foods* resources.

Posters

Superhero Foods posters promote skill development and healthy eating. They also provide food and safety guidance for preparation, serving and clean up. Download posters at superherofoodshq.org.au



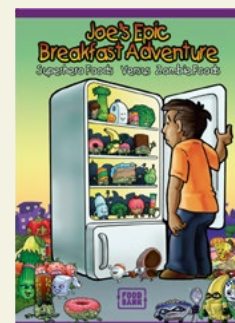
Breakfast Placemats

These colourful and engaging *Superhero Foods* placemats make the breakfast table a fun place to be! Students love doing the activities, learning the healthy eating messages and discussing their favourite superhero characters. Provided as a set of four double-sided placemats (8 designs) they are constructed from food grade plastic and are easy to wipe clean.



Story Books

Many schools incorporate reading activities into their breakfast clubs. Students are taken on an exciting journey with the *Superhero Foods* characters through these beautifully illustrated story books. Written by Foodbank WA's team of university qualified nutritionists, they communicate healthy eating messages in an age appropriate manner. Order at superherofoodshq.org.au



Collectable Game Cards

Incorporating *Superhero Foods* and their corresponding Everyday Food aliases, these cards come with instructions for various games such as memory, snap and 'go fish'.

2.8 Starting and maintaining a successful breakfast club

How do we get started? This section outlines some points to consider as you undertake the breakfast club journey.

Planning your Breakfast Club

- » Submit your Foodbank WA School Breakfast Program membership application!
- » Defining the purpose and cohort for your breakfast club will help you choose the program model. Will it be an all-inclusive 'breakfast club' or ad-hoc supply as the need arises? Many schools operate each model on different days.
- » Build relationships and obtain stakeholder support from school staff, students, parents and community members. Promote how the club will benefit the whole school community. Determine funding sources for food and non-food items beyond the foods provided through Foodbank.
- » Where on school site will breakfast club take place? Choose a central, easily accessible location with access to a fridge, running water, cooking facilities (if required), storage and room for seating. Breakfast club is a great opportunity for developing life skills such as table manners, conversation and how to clean up after meals. Ensure the area isn't required by another group immediately following breakfast club, to allow adequate stress-free time for pack/clean up.
- » Work out your breakfast club roster. What are the tasks to be undertaken? How many people are needed to run the program on each day? Many schools invite student school leaders to assist.
- » Confirm how you will obtain and fund additional food items (alternative foods, allergen-friendly options, Milo, crockery, cutlery, etc).
- » Confirm and source any non-food items you may need (storage containers, crockery, cutlery, etc)
- » Choose a start date



Start of the term

- » Advertise your upcoming breakfast club to the school community, including venue and the days/times of operation. Promote in the school newsletter, announce at assemblies and via social media or school communications apps. Ask interested students to create posters to put up around the school. Highlight the importance of eating breakfast to readiness for learning.
- » Communicate with breakfast club volunteers to confirm availability and provide a brief list of requirements. Remind volunteers of their rostered days/times and have replacements on stand-by just in case.
- » Source School Breakfast Program items from Foodbank and other sources. Ensure food, resources and equipment are present and ready.
- » Obtain student allergy information from the school office and ensure volunteers are aware of allergen and anaphylaxis protocols.
- » Develop a procedure for room and resource set-up and pack-down. Account for this in your volunteer roster.
- » Set the ground rules for your breakfast club. Students engage more readily when they are involved in the process.
- » Decide on the breakfast club menu. Will it be standard across the week, or will there be 'specials' on each day?

On the day

- » Greet and brief volunteers as they arrive. Ensure tasks are delegated and volunteers are clear and comfortable with what is expected.
- » Oversee food preparation in line with food safety guidelines.
- » Set up: food, cutlery, plates and cups for serving. Fill the sink or washing-up tub ready for students to clean their dishes.
- » Student arrival: welcome students with a smile. Focus on the whole student, not just their food needs. Make sure all students are familiar with the ground rules.
- » Serving and eating: help students to serve up their breakfast and encourage them to sit down and eat together.
- » Clean up: encourage students to wash and dry their own crockery and cutlery, ensuring tasks are age appropriate. Volunteers may need to assist with safe handling of food.
- » Reflection and volunteer debrief (written and verbal): What went well? What can be improved or done differently in future? It is good practice to debrief after the first few breakfasts to identify any issues for prompt attention.

Ongoing

- » Oversee product stocks and replenish as required. Monitor 'best before' and 'use by' dates on food products, and use the shortest coded product first. Ensure foods are stored correctly (as per manufacturer directions, out of direct sunlight and protected from pests).
- » Communicate with volunteers to ensure that you have enough people, and they are clear on their roles and responsibilities.
- » Remember to share your breakfast club journey with the school community and Foodbank WA.



2.9 Tailoring your breakfast club for high school

There is no right or wrong way to run your breakfast club – each school is encouraged to find what works for them. Some schools find a “grab and go” model works better in high school where students are more independent and may not find it ‘cool’ to attend breakfast club. Here are the benefits of the two breakfast club models.

'Sit down' model	'Grab and go' model
<ul style="list-style-type: none">» Offers opportunities for students to learn how to serve food, eat together and clean up» Inclusive social environment, reduces stigma» Provides opportunities for staff to build relationships with students» Suitable for serving a wider variety of foods	<ul style="list-style-type: none">» May engage high school students who arrive at school late» A faster way to distribute food to larger number of students» Anonymity factor may help to reduce stigma associated with breakfast club usage

Suggestions for a 'grab and go' model include:

- » Serving 'grab and go' breakfast foods (toasties, smoothies or muffins) see [Section 5](#) for recipe ideas.
- » Host breakfast club in a visible and easily accessible location that is frequented by students, such as a quadrangle or undercover area.
- » If student numbers are high, the use of serviettes and disposable plates, cutlery and cups may be a practical option. Consider the financial and environmental impacts and how they apply to your situation.

Other strategies to support a sociable (teen-friendly!) environment include:

- » Playing music
- » Provide a relaxed inviting space with couches, cushions or bean bags
- » Themed breakfast days – eg. toastie Tuesday
- » Give students some responsibility and ownership e.g. assisting with food preparation and/or serving other students
- » Providing cards or board games for students to play with.



Section 3.0









Products and ordering





3.1 School Breakfast Program products

A selection of shelf stable food items are available to registered schools free of charge. These items (excluding Vegemite) are supplied in set carton quantities (for example, canned fruit is supplied in a carton containing 12x 825g cans).

Canned fruit in juice	Wheat biscuits	Oats	Vegemite
			
Canned spaghetti	Baked beans	UHT milk	UHT fruit juice*
			

*UHT orange juice is available to selected remote schools

When visiting a Foodbank branch, schools can access fresh produce, including bread, fresh fruit and vegetables, and yoghurt (subject to availability).

3.2 How to order and access School Breakfast Program products

Schools lodge School Breakfast Program orders on the Foodbank website. Instructions for lodging orders are available in both pdf and video format.

Metropolitan and Regional Schools

- » Schools located in the Perth metropolitan area, Albany, Bunbury, Geraldton, Kalgoorlie or Mandurah collect orders from their nearest Foodbank branch.
- » Frequency of access to Foodbank is up to the school. Up to four individuals can be pre-authorised to access Foodbank on behalf of the school.
- » Fresh produce (bread, fruit, vegetables, yoghurt) can be accessed free of charge (subject to daily availability).
- » Preorders are not required for fresh items. [Click here](#) to view Branch locations and opening hours.

Remote Schools

- » Remote schools are those located beyond reasonable distance of Foodbank's branch network.
- » The Program supplies up to four bulk deliveries of shelf-stable product per year and covers the cost of transport to the school.
- » Schools receive deliveries at the start of each term, based on the order lodged by the school.



Section 4.0

Health Promoting Schools





4.1 Become a Health Promoting School

Why become a Health Promoting School?

Lifelong dietary attitudes and behaviours are established in childhood, which makes schools a critical setting for promoting healthy eating habits to children and adolescents. A significant portion of children's meal times happen during school hours, so their eating habits are heavily influenced by their peers and teachers, the school canteen and parents/guardians who pack their school lunch. Schools can make a big difference to student health and to the health of others when nutrition messages learnt at school are taken home.

4.2 Superhero Foods®

The *Superhero Foods* initiative provides a fresh approach to teaching students about nutrition and healthy eating. It uses key messages and themes linked to the Australian national curriculum and current dietary guidelines promoted in the Australian Guide to Healthy Eating. The *Superhero Foods* characters featured in our resources empower students to make healthy food choices. For resources and more information visit: superherofoodshq.org.au

Resources

Over 150 resources including:

- » Recipe booklets
- » Collector/game cards
- » Storybooks
- » Kids section and web app
- » Lots of free resources to download!



4.3 Superhero Foods Community Toolkit

The [Superhero Foods Community Toolkit](#) contains a variety of free nutrition education resources that support schools and community groups to promote healthy eating to young people in a fun and engaging way. Developed by university qualified public health nutritionists and guided by the Australian Dietary Guidelines, the toolkit provides a range of information and resources for stakeholder use to promote healthy eating.

4.4 Department of Education's Healthy Food and Drink Policy

We value the provision of nutritious foods to disadvantaged children. All schools involved in the Program should supply foods that comply with the [Healthy Food and Drink](#) component of the Department of Education's Student Health in Public Schools Policy and Procedures. This policy is mandatory for all public schools including independent public schools, for more information, visit education.wa.edu.au.

School Breakfast Program foods comply with the Policy. In the spirit of the Policy, we recommend that schools avoid serving high-sugar cereals or other foods that do not meet the Policy, as this undermines the integrity of the School Breakfast Program and the role-modelling of healthy food choices.



4.5 Crunch&Sip®

Crunch&Sip® is a primary school nutrition program, featuring in Western Australia since 2005. Crunch&Sip® allows students the opportunity to eat vegetables or fruit and drink water in the classroom every day.

HOW

Crunch&Sip® allows flexibility for schools and classrooms to run the program at different times of day, however it is essential that the break occurs in-class only. The goal is to have the whole school participating and eating vegies and fruit brought from home, including all staff.

BENEFITS

Along with the many health and learning benefits associated with Crunch&Sip®, certified schools receive free resources and ongoing support.

REGISTER

Staff can either register their whole school or individual classrooms as Crunch&Sip® on the website crunchandsip.com.au/teachers. The program is free for all Western Australian Primary Schools.

Supported by



4.6 Eat for Health – Australian Dietary Guidelines

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing. The recommendations are based on scientific evidence, developed after looking at good quality research. By following the dietary patterns recommended in the Guidelines, we will get enough of the nutrients essential for good health and also help reduce our risk of chronic health problems such as heart disease, type 2 diabetes, some cancers and obesity. Guidelines are available for children, infants and adults.



Free hard copy or digital resources and other useful tools are available from eatforhealth.gov.au



4.7 Act-Belong-Commit

Keeping mentally healthy

The School Breakfast Program is a fantastic way to create a healthier and happier community in your school. Providing the School Breakfast Program not only feeds young minds, it offers the opportunity for students to interact, share food in a positive environment and learn healthy habits. All of these factors contribute positively to health and wellbeing.

Volunteering for health and happiness

Volunteers are a key ingredient of any successful community initiative. Most volunteers will tell you that not only is it great to know they are helping those in need, but there is a tremendous sense of personal satisfaction and achievement gained from volunteering. Here are Act-Belong-Commit's top tips for working with volunteers:

Show respect, ensure your volunteers feel warmly welcomed and included

Keep in regular contact with volunteers, strong communication is vital

Give volunteers responsibility to increase the sense of meaning and purpose in their role

Reward your volunteers, it can be as simple as a thank you, or email, or maybe a certificate

Encourage social connections between volunteers, to increase camaraderie and commitment



Feeding young minds

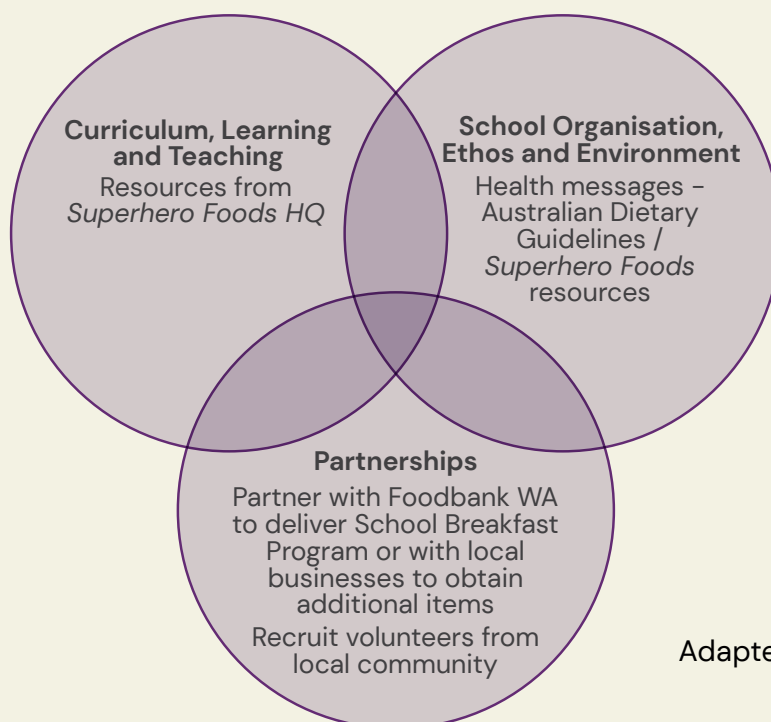
There is evidence to show that eating a nutritious high quality diet can reduce the chances of developing a mental health disorder in early life. School years are an important time in a young person's life, where habits are being developed that carry on into adulthood, so it's important to establish healthy eating habits through programs such as the School Breakfast Program. Find out more about how you can boost your mental health visit actbelongcommit.org.au



4.8 Putting it all together – Health Promoting Schools framework

The Health Promoting Schools Framework identifies three inter-connected components of a school community (Curriculum Teaching and Learning, School Organisation, Ethos and Environment and Partnerships and Services), and provides a framework for the creation of a health promoting school. This framework acts as a mechanism to ensure comprehensive, holistic and evidence based approach to health and wellbeing in the school community and beyond. Elements of School Breakfast Program, *Superhero Foods* resources and other initiatives can be incorporated, in varying degrees, across three components of this framework and help to drive positive change.

Figure 1: Health Promoting Schools Framework



Adapted from: (Lee, 2009)

Education

- » School Breakfast Program – develops healthy eating habits
- » *Superhero Foods* – provides learning resources (lesson plans, posters, recipe books)

Environment

- » School Breakfast Program provide food and education in a welcoming, supportive environment
- » Schools encouraged to operate under a healthy school policy
- » We encourage schools to use fresh fruit and vegetables for any type of school activity

Partnerships

- » Parents and volunteers invited to help facilitate school-based programs
- » We encourage partnerships with other health promotion agencies
- » We recommend schools partner with local businesses who can supply perishable goods



Recipes





5.1 School Breakfast Program recipes

Our product range provides healthy choices that are nutritionally balanced across the five food groups. With imagination and a little effort, these products can be used to create fun and delicious breakfast meals and snacks. Our [Fuel Your Day the Healthy Way](#) recipes are quick and easy to prepare and contain at least one of the core School Breakfast Program products:

- » Tasty porridge ideas
- » Savoury toasties
- » Sweet toasties
- » Crumble cups
- » Smoothies
- » Savoury muffins
- » Sweet muffins
- » Savoury pikelets and pancakes
- » Sweet pikelets and pancakes
- » Breakfast parcels
- » Beany breakfast slice

Download the [Fuel Your Day the Healthy Way Recipe Book](#) today!

While not specifically breakfast related, the [Superhero Foods HQ website](#) has a range of other healthy and exciting recipes.



FEED. EDUCATE. ADVOCATE.

Foodbank Centre for Hunger Relief

23 Abbott Road, Perth Airport WA 6105

Ph: 9258 9277

info@foodbankwa.org.au

Albany

5 Cockburn Road

Mira Mar Albany WA 6330

Ph: 9842 6645

albany@foodbankwa.org.au

Bunbury

5 Clifford Street

Bunbury WA 6230

Ph: 9726 2362

bunbury@foodbankwa.org.au

Geraldton

31 Webberton Road

Geraldton WA 6530

Ph: 9964 8011

geraldton@foodbankwa.org.au

Peel

Unit 1, 68 Reserve Drive

Mandurah WA 6210

Ph: 9964 9200

mandurah@foodbankwa.org.au

Kalgoorlie-Boulder

175 Forrest Street

Boulder WA 6432

Ph: 9093 0284

kalgoorlie.accounts@foodbankwa.org.au

foodbank.org.au

