

# How can parents, community members and students become involved in a school breakfast program?

- Discuss the breakfast program with community members at various school functions and school board meetings.
- Enlist parent/teacher organizations to stimulate student and parent interest.
- Encourage community volunteers to—
  - Supervise children during breakfast
  - Prepare special breakfast items, or arrange a guest chef
  - Donate fresh produce, money or equipment
  - Assist with nutrition and health education activities
- Provide programs or mini-courses in nutrition for parents and community people.
- Encourage students to—
  - Assist in the cafeteria or kitchen
  - Provide menu ideas
  - Help promote breakfast
  - Join Youth Advisory Councils



## Contact:

Child Nutrition Programs, Department of Education, 120 State Street, Montpelier, Vermont 05602 for assistance. Telephone: 828-2447.

In the operation of child feeding programs no child shall be discriminated against because of race, sex, color, national origin, age or handicap.

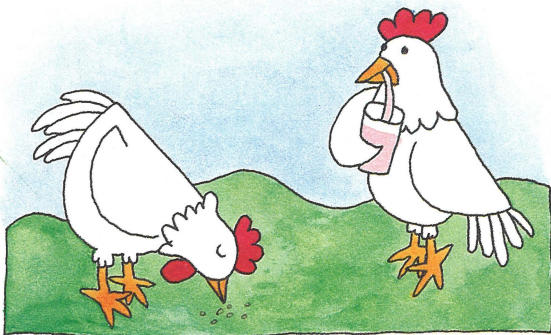
# SCHOOL BREAKFAST PROGRAM



Design & Illustration by Lyn Severance

## How can the Child Nutrition staff help you?

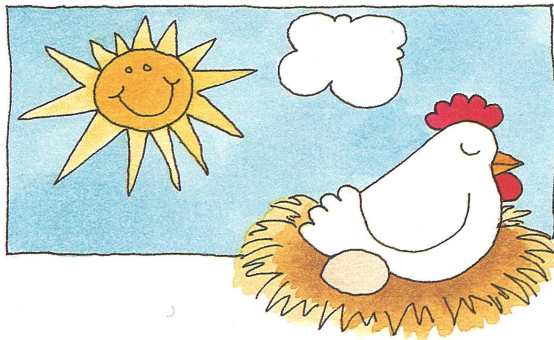
- Assistance in school breakfast program planning including:
  - menu planning
  - labor management
  - program promotion
- Training for program personnel in:
  - food service
  - nutrition education
- Assistance in budgeting and finances
- Guidance with nutrition education curriculum



## What foods does a school breakfast include?

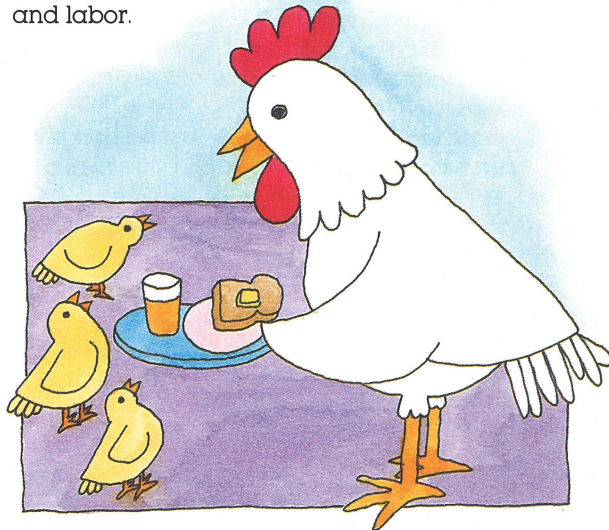
School breakfast must include:

- Milk
- Juice, fruit or vegetable
- Bread or cereal
- Whenever possible breakfast should include a source of protein such as egg, peanut butter, cheese or meat.



## What are the expenditures involved in starting a breakfast program?

With minor adjustments to existing scheduling of food service personnel, many Lunch Program Schools find that they can manage to participate in the Breakfast Program without having to hire additional help or make special equipment purchases. If your school does not participate in any child nutrition program, the School Breakfast Program can be initiated with very little equipment and labor.



## What must a school do to participate in a breakfast program?

A school must complete an agreement with the Child Nutrition Programs of the Department of Education.

Other requirements are:

- Demonstrate financial and administrative capability to meet program objectives.
- Serve meals which meet basic nutritional requirements.
- Maintain income eligibility and program records.





