



Breakfast for All – First Meal Matters

Make it Happen Checklist!

WHAT IS IT?

The morning is a great time to fuel up for success and start the day right. Find a way to have a nutritious breakfast – with your friends and classmates every day!

Pick one:

- [Breakfast in the Classroom](#)
- [Breakfast after First Period](#)
- [Grab and Go Breakfast](#)

Choose the program that works best for your school to help all students start eating a nutritious breakfast every day!

WHY?

Kids who eat breakfast have an easier time concentrating and learning. Some kids don't get breakfast at home.

Plus, it's fun to eat with friends!



Huddle Up

[Learn more](#)

Get key people to support your plan

- Principal
- School Nutrition Team
- Teachers
- Custodial Staff



Get Organized

[Learn more](#)

Pick the plan that works for your school

- Plan what foods to serve; learn what a full meal is
- Plan how to keep cold foods cold and hot foods hot
- Plan how to transport and serve the meals



Build Awareness

[Learn more](#)

Let students, parents, and others in the school community know what you are doing, and get their input

- Create flyers and poster highlighting the Play
- Send information home to families
- Poll students and/or hold breakfast "tryouts" to see which foods appeal to most students



Take Action

[Learn more](#)

Start with a pilot program for one or two classrooms

- Enlist student volunteers to help with transportation
- Monitor which foods "work" and which don't
- Expand your program school-wide, either all at once after the test period or grade by grade



Spread the Word

[Learn more](#)

Highlight your successes and get more help

- Meet with parent organizations for funding help
- Promote the program on your school's social media



Build Community

[Learn more](#)

Find ways to make this Play last

- Hold friendly competitions to get more people involved
- Create a community committee to keep it going
- Get parents involved