

School Breakfast Toolkit: Sample Social Media Posts for Facebook

Consider 'tagging' events or organizations listed in blue.

- Did you know...Children who eat school breakfast are less likely to be absent or tardy than those who do not eat breakfast at school? "Like" if you knew! (attach picture of student eating breakfast)
- XXXXX District is proud to announce that we will be offering (Breakfast in the Classroom, Grab n Go, etc) Breakfast program starting (date). Improving access to School Breakfast is an opportunity our school to ensure that all students start the day off right!
- Parents, we know mornings are rushed. Let us take something off your plate...literally! XXXXX district serves school breakfast. Children who eat school breakfast are able to pay attention and perform problem-solving tasks better than those who don't, and it helps improves memory! (Post your menu or a picture of a healthy breakfast)
- Students! Are you always running out the door in the morning without getting a bite to eat? Good news: Your school will be serving convenient Grab n Go breakfast starting XXXXX. Come check it out and "grab" a breakfast to start your day. (include picture of Grab n Go Breakfast Station)
- Take time for school breakfast! National School Breakfast Week is right around the corner. 'Like' this status if your student will be participating from March XX- XX! Share so your friends can know about the program too!
- (Upload a photo of a healthy, balanced tray) "Check out this healthy school breakfast served at X school! Here's what's on the menu today: [insert healthy menu items – fruit, milk, etc]."
- Kids who eat school breakfast have higher attendance and perform better in math than those who don't. In honor of National School Breakfast Week, we are serving [Add your menus here]. Join us today and every day to start your day right!
- A recent Share Our Strength survey showed that three out of five (62%) K-8 teachers say there are children in their classrooms who regularly come to school hungry. [Share Our Strength]
- **We provide nutritious school breakfasts.** Students who participate in the School Breakfast Program are more likely to consume important vitamins and minerals. Eating breakfast regularly is linked to a greater intake of fiber, calcium, iron and vitamin C and a lower in intake of fat, cholesterol and sodium. [NIH] (include a picture of a healthy school breakfast)