



Healthy Breakfast Food Service Activity

Dear Food Staff members,

It is important to encourage more children to eat breakfast.

Goal

Encourage children to eat breakfast and get excited about eating breakfast by offering a non-food reward.

Activity

Option 1 – Daily Recognition

- 1) Food service staff ask each child who is having a school lunch if they had breakfast that morning.
- 2) If the child answers yes, the food service staff person says 'Great!' and give them a hand stamp (to be provided in tool kit).
- 3) If the child answers no, the food service staff person says "Okay – can you try to have breakfast tomorrow? Ask someone at home to help you make sure you eat breakfast every morning. Tomorrow I want to hear that you had breakfast."
- 4) If no food service staff are available, ask table helpers – volunteer parents or teachers or cafeteria supervisors – to ask the question and give out the stamp.



Option 2 – Grade-level competition

- 1) Have posters hung up for each grade, with a pen or stamp hanging, and have each child, as s/he enters the school food service lunch area, put a mark on the poster if they had breakfast that day.
- 2) Children in the grade with the most marks on a given day could receive a stamp or sticker.
- 3) Alternatively grade level competitions could happen for a week or a month. The grade level that records eating breakfast most often could be rewarded with a special recess or game day.

Tips

- Other rewards could be small prizes such as pencils, erasers, rubber balls, or throwing disks – things children can use at school or to have fun being physically active.
- A certificate is another thing children enjoy receiving. Avoid using food as a reward.