



# Healthy Breakfast Food Service Activity

Dear Food Staff members,

To help kids and their families appreciate the importance of breakfast, it is important to promote the school breakfast (if your school serves breakfast).

## Goal

Children and their families learn about school breakfast.

## Activity

1) Ask your principal to make an announcement over the intercom – or to pick a child to make the announcement.

2) Suggested text of announcement:

“Breakfast is the most important meal of the day.  
Did you know you can get a great breakfast here at  
school?

This morning I had \_\_\_\_\_.

Ask your parents to check in at the school cafeteria (or  
school office) to learn more.”

3) Suggested time of announcement:

At time of student drop off or pick up.

Whenever numerous parents are likely to be on campus.

