

SCHOOL BREAKFAST CLUBS PROGRAM RISE & SHINE NEWSLETTER



May 2025

Welcome to our Term 2 edition of Rise & Shine

We'd like to take this opportunity to welcome new schools to the Rise & Shine newsletter. It's been a busy 2025 so far, with over 70 new schools onboarded to the program. This means more nutritious food into more bellies every single school day.

This edition of Rise & Shine coincides with National Volunteer Week and in turn, we're taking the opportunity to celebrate the incredible heart of the many volunteers that make breakfast club possible in all corners of the state.

We'll share some heartwarming words from Wallarano School Breakfast Club Program Coordinator William Fragiadakis, where volunteers shine. We'll showcase the incredible scarecrow the students of Tanjil South Primary School created using recycled School Breakfast Clubs Program items and share some wonderful insights and tips that came out of the first webinar from the Breakfast Table Series.

As always, if you have any questions or feedback please [email us](#) at any time.

Take care,

The School Breakfast Clubs Team



DATES FOR YOUR DIARY

- **King's Birthday Public Holiday – Monday 9 June 2025.**
 - **Deliveries will not be available.**



Program Updates



Vita-Weats trial has wrapped up!

You will have seen that we have been trialling Vita-Weats as a new breakfast item, for schools to order and use as a shelf-stable alternative to bread. They were snapped up quickly, and our trial stock has now all been ordered!

Thank you for giving this product a go. If you ordered Vita-Weats, we may be in touch to collect some product feedback and understand if they have been popular with your students. We will then assess the feedback and identify whether they will be introduced to the menu on an ongoing basis.

Banana trial update

We are excited to explore the introduction of bananas to the School Breakfast Clubs Program! We are in very early stages of scoping and testing to ensure that we can get fresh and quality bananas delivered to schools across Victoria.

As part of this process, a small cohort of metro and regional schools are currently participating in a trial. Following the trial, we will assess all feedback and identify whether we are able to rollout bananas at a program-wide scale. We plan to be able to provide additional updates in Term 3.

Healthy Eating in Schools

The Breakfast Table: Webinar 1 Wrap Up

Many of you attended the first webinar in our new series, The Breakfast Table: Conversations, Connections and Collaboration on Tuesday 13 May – and brought with you a warm enthusiasm that was felt across the (virtual) room.

Our guest speaker Alanna shared some ways to get students interested in fresh produce and webinar participants had many wonderful suggestions and tips that really demonstrated their commitment to ensuring students have the best possible start to their school day.

From themed breakfasts to cooking up jaffles to providing grab and go options. And student selected playlists to simple games that can be played with peers at the breakfast table, there were many creative ways you have made your breakfast clubs a welcoming environment. We will share a summary of the key takeaways with all schools in the coming weeks, to help keep you inspired!

Thank you so much to those who attended, engaged and shared. We look forward to connecting with even more of you at the next one. Stay tuned for our Term 3 webinar details!

Vic Kids Eat Well Breakfast Club Bites have launched!

Foodbank Victoria is excited to announce an alignment to the newly launched Vic Kids Eat Well Breakfast Club Bites. We've been involved in the development and launch of these new "bites" which are a set of practical and impactful actions to support nutritious breakfast clubs across the state. Vic Kids Eat Well is an exciting state-wide movement focused on boosting nutritious food and drink options for kids in schools and community organisations — and now, your school can get involved for free.

Victorian schools that register with Vic Kids Eat Well receive support from a health promotion professional, along with resources and practical tips that can help schools get the most out of the foods they select through the Victorian Government's School Breakfast Clubs Program. Whether it's encouraging things like healthy hydration, fuelling with wholegrains or colouring breakfast with fruit and veggies, there's an action to suit every school delivering a School Breakfast Clubs Program.

Ready to get involved? [Register with Vic Kids Eat Well](#) for free and add more delicious and healthy options gradually or all at once.

Vic Kids Eat Well is supported by the Victorian Government and delivered by Cancer Council Victoria, in partnership with the National Nutrition Foundation.

National Volunteer Week

National Volunteer Week is Australia's largest annual celebration of volunteering held in May each year. This special event highlights the important role of volunteers in our community and invites people not currently volunteering to give it a go.

The theme for National Volunteer Week 2025 celebrates the power of volunteering in bringing people together with the theme: 'Connecting Communities'.

At Wallarano Breakfast Club, Volunteers are The Heart of a Community

"At the core of every strong community are those who give not for recognition, but out of kindness. The volunteers at Wallarano Breakfast Club embody this spirit" showing up each morning to ensure no child starts their school day hungry.

Before the school bell rings, they are there, working together to create a warm and welcoming space. It's not just about the food they serve; it's about the care and dedication behind every meal. They greet each student with a smile, knowing that sometimes, a simple act of kindness can make all the difference in a child's day.

This team does more than provide breakfast. They offer comfort, encouragement, and a sense of belonging. They notice the quiet child who needs a little extra support. They share a friendly chat with students who appreciate a listening ear. They create an environment where every child feels valued, setting a positive tone for the rest of the school day.

Because of them, students walk into their classrooms feeling nourished, not just in body but in spirit. Their efforts may seem small in the moment, but the impact is immeasurable.

To the volunteers who give their time and energy so generously: You are making a difference. You are shaping a community where kindness is the foundation.

You are the reason Wallarano Breakfast Club is more than just a meal, it's a place of care, connection, and hope.

William Fragiadakis
Wallarano Primary School Breakfast Club Program Coordinator



Volunteers

If your Breakfast Club requires volunteer support, please email us at schoolbreakfastclub@foodbankvictoria.org.au and we can list your school details on our volunteer map [here](#).

Don't forget we also have volunteer resources and a certificate to thank your volunteers on our [website](#) (you can also order the certificate on the ordering portal).



What are other schools up to?

More than Lunch

Our Term 1 case study took us to three different schools, who are offering support to students through the School Breakfast Clubs Lunch Program.

[READ MORE →](#)



Feel Good Feedback!

Woodford Primary School was recently inducted into the program and at their 6 week check in had some wonderful things to say about the impact Breakfast Club has had.

Q: What changes have you seen in the school community (teachers/students/families) since getting the food into the school?

A: It has been wonderful to see the little community Breakfast Club has created in the morning in the area of the school where it is held. So many students come down for breakfast in the morning, where they sit around the deck eating their breakfast and laughing/having conversations with peers of all ages. Some students have learnt how to butter their toast or pour cereal for the first time and watching them improve in those life skills has been incredible. Students have been eating more fruit throughout the day and have been so excited when they see a platter of fruit sitting outside at play time.

Q: How has the program supported you as a school since coming on board?

A: The program has supported our school in being able to provide students with a safe and welcoming environment for them to have breakfast. Some students who used to go without breakfast now have breakfast alongside their friends at school. We are able to provide students with lunch when they need it, and the students know that they don't need to worry if they come to school without enough food, as we are able to provide them with what they need. This program has also been able to give students the opportunity to build their social skills and responsibility, as well as learn many life skills in the process.



Spotlight On: Home Food Packs

- More than 111,000 Home Food Packs have been provided to students through the School Breakfast Clubs Program.
- Home Food Packs are available to order through the portal and can be offered to students who have been identified as needing additional support.
- You can also order reusable bags and fill them with existing products, offering a different format for students to take food home. You could add fresh fruit, bread, soups or snacks, whereas other students may just like cereal and milk. The combinations are endless.



What's Cooking?

Bircher Muesli (made with SBCP Muesli)



Serves: 4-6

Difficulty: Easy

Health Rating: Green

Ingredients

- 2 cups muesli
- 3 cups milk
- Juice of 3 oranges

Optional:

- Zest of 1 orange

Method

1. Combine muesli, milk, orange juice, cover and leave overnight in the refrigerator.
2. In the morning add your favourite toppings – grated or sliced apple, orange segments, chopped banana, drizzle of honey or top with a fruit cup.
3. Enjoy!

Tips and Tricks

In our 'Tips and Tricks' section we're sharing creative ways schools are creating an impact through their Breakfast Club!

Recycle

The students at Tanjil South Primary School got creative and built a scarecrow to enter the Melbourne International Scarecrow Competition this year. The scarecrows must be made with recycled items. Whilst this team didn't come away with the win, we were super chuffed with their sustainability, creativity and teamwork shown by this small school of nine students! The scarecrow, affectionally named Breakenstine, now sits watching over the school's veggie garden.

“

I liked building it.

- Oaklee

I liked making the guts (bee hotel) to go in it.

- Malachi

I liked making the bee hotel by using the milk cartons and rolling them up

- Paislee

I liked covering the body with bread bags.

- Matilda

I'm proud of how we made it and how it turned out.

- Bentlee

I helped to make the flowers and I liked making the bee hotel.

- Maddilyn

It made me feel happy and I liked feeling creative when we made it.

- Madaline

I helped make the hair and the arms by treading cups onto wire.

- Jake

I liked the challenge of making a scarecrow out of recycled items.

- Trenton

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Have a tip to share?

Send it through to schoolbreakfastclub@foodbankvictoria.org.au.

Friendly Reminders...

Food Fight is back - messier than ever! Sign up now to hold your event in Term 4.

Food Fight is an action-packed, slime-filled school fundraiser with a mission: to help Foodbank Victoria feed thousands of Aussie families doing it tough.

- It's 100% FREE to take part
- Zero real food wasted
- All fun, no fuss - we give you everything you need!

Whether its slime, silliness or serious fundraising power, Food Fight is your school's chance to make a real impact.

[Register now](#) and get ready for fun. Spots fill fast, so don't miss out!

Update your key contact information!

Do you have a new breakfast club coordinator? Has there been a change to who we should be talking to? Don't forget to update your information with us. You can do so by emailing schoolbreakfastclub@foodbankvictoria.org.au.

SCHOOL BREAKFAST CLUBS PROGRAM



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