

SCHOOL BREAKFAST CLUBS PROGRAM

The Breakfast Table: Conversations, Connection & Collaboration



HEALTHY EATING

How to get students interested in fresh fruit & veg

When kids are involved in helping to prepare and set up the space they will be more inclined to be involved in the eating too!

Create ambience

- Play music
- Colourful table setting
- Flower/ fruit arrangements



Aroma

80% of our flavour experience is determined by our sense of smell!

We eat with our eyes...

- Use colourful plates & bowls, tablecloths or placemats
- Display fruit & veg in attractive bowls or cut & place on a platter - edible decorations
- Add a sprinkle of cinnamon, sprig of mint or sliced fresh fruit - adds interest, aroma & excitement!

Food is more exciting & flavoursome if it smells good! Try:

- Adding a sprinkle of cinnamon to porridge
- Topping with freshly sliced fruit or torn herbs
- Toasting fresh bread & making jaffles

These smells can help to create rumbling bellies & an interest in food.

How to get your students involved in Brekky Club

Why not have them:

- Making smoothies
- Filling up fruit bowls
- Pouring cereal and milk
- Preparing toast
- Setting the table
- Preparing a fruit platter
- Creating a menu
- Helping to serve breakfast
- Inventing new recipes using SBCP products
- Creating conversation starter cards

What the research is saying

**Breakfast skipping and academic achievement at 8–16 years:
a population study in South Australia*.**

Study included close to
30,000 students
across **450 schools**

“Overall, our findings show that the kids who skip breakfast – whether it’s sometimes or every day – are at increased risk for being at or below the national minimum standards for NAPLAN.”

1 in 10 students reported they never ate breakfast



These students were:

Almost **TWICE** as likely to perform poorly on NAPLAN numeracy tests

1.6 times as likely to perform poorly on reading tests.

*Sincovich a, Sechague Monroy N, Smithers LG, Brushe M, Boulton Z, Rozario T, and Gregory T (2025). Breakfast skipping and academic achievement at 8–16 years: a population study in South Australia. Public Health Nutrition 28: e28, 1–8. doi: 10.1017/S1368980024002258

Brekky Club tips from webinar participants

Here’s what others are doing...

- Students are involved in collecting orders, distributing breakfast items around the school
- Pre-making toast and toasties
- Rotating roster with two senior student helpers each day. It develops their confidence and skills in serving fellow students
- Student curated playlists
- Easy table friendly games

- Platters of fruit available to grab and go
- Students make an announcement over the PA that Breakfast Club is on
- Cups or bags of dry cereal to grab and go
- Student Breakfast Club helpers are known as "Wellbeing Warriors" where kindness is their superpower