

SCHOOL BREAKFAST CLUBS PROGRAM RISE & SHINE NEWSLETTER



August 2025

Welcome to our Term 3 edition of Rise & Shine

Spring is in the air and we're seeing some early blossoms reminding us of the fresh energy this season brings. Spring is a time of growth, renewal, and new beginnings and this is just what we've been seeing over the last few months as many new schools have joined the program.

In this edition of Rise and Shine we're excited to share more about our new menu item, bananas and all the wonderful benefits of this handy fruit. You can also read about how year five and six students take ownership of the Monbulk Primary School Breakfast Club and download a handy resource of wonderful healthy eating tips and tricks that were shared at our Term 2 Webinar.

Coming Soon

Keep an eye out for the 2025 All School Survey, which will hit your inboxes in the coming weeks. The All School Survey is an important tool in supporting the continued growth, development and improvement of the Program.

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

Take care,

The School Breakfast Clubs Team



Program Updates

Last term was another huge success - more healthy food into more bellies fuelling students' success!

Term 2 at a glance...

4 million
meals fuelling
students in over
1200 schools

50
new schools
joined the
Program

1.1 million
kgs of food
delivered to
students across
Victoria

Bananas available to order

We're excited to have bananas join the School Breakfast Clubs Program menu. They are now listed in the ordering portal, and as we roll out this new menu item to all schools across Victoria, there will be a limit of 1 x carton of bananas per school, per week (approx. 100 bananas).

Bananas are a fresh, nutritious snack for students, and with just a little care, they stay in great shape. There are some great storage and handling tips [here](#).

Changes to fruit cup limits

Wherever possible, we encourage schools to preference fresh and non-packaged items from the menu. In line with this, and with bananas now available, fruit cup limits have also been amended to 1 x carton per week.

If your school needs to access additional quantities of bananas or fruit cups above these limits, please email schoolbreakfastclub@foodbankvictoria.org.au with details of your requirements, and our team will be able to provide advice.

Delivery requirements reminder

To effectively get School Breakfast Clubs Program products out to schools across Victoria, we use a mix of Foodbank Victoria drivers and trusted delivery partners.

[This guide](#) outlines important information and requirements to ensure a smooth and successful delivery process, namely details around:

- **Delivery windows**
- **Receiving deliveries**
- **Safe placement**
- **Pallets.**

Please ensure all relevant staff familiarise themselves with the [Delivery Guide](#).

Healthy Eating in Schools

The Breakfast Table: Webinar Resource

A very big thank you to those who attended the Term 2 webinar. The focus was on healthy eating in schools, and we had some wonderful engagement and lots of creative ideas shared by many of you. So, we've pulled them into a handy resource you can download [here](#).

Banana Benefits

As previously mentioned, bananas are now on the menu. There is a lot to love about bananas, and there are many ways you can incorporate bananas as a healthy addition to your breakfast club.

- Top your Vita Brits or oats with sliced bananas and a drizzle of honey.
- Make a nutritious and filling smoothie (recipe can be found [here](#)).
- Whip up some quick and easy Banana and Muesli cookies - we've popped this recipe below.

BANANAS

Peel the benefits!



- **High in potassium and Vitamin B6.**
- **Comes in its own, compostable packaging! Easy snack to take in bag and keep for later.**
- **Contain dietary fibre, which helps regulate digestion.**
- **Low GI – meaning longer, lasting energy!**

Volunteers

We all know just how vital volunteers are to breakfast club, so this term our webinar brought together a panel of speakers whose schools have had great success in this space. From volunteer advertising tips, to offering a super flexible roster, and involving senior students in the preparation and delivery of breakfast, we learnt a lot about engaging volunteers. Huge thanks to our panelists Meg, Brooke and William for sharing their experiences and insights.

Some of the key highlights will be available shortly in a handy resource, so stay tuned.

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?

Empowering Leadership and Fostering Autonomy

Monbulk Primary School's success lies in its student-led model, where year five and six students genuinely take ownership of Breakfast Club.

[READ MORE →](#)

If you have something you'd like to showcase, please [let us know](#) to be featured in future editions of Rise and Shine!



Stories that shine!

The 2024 Design & Shine competition really made us smile. With many incredible entries received - we had our work cut out for us trying to select the winners. But we stepped up to the challenge and can finally share with you the winning designs.

A huge shoutout to each of these talented students for sharing such colourful, creative and inspiring designs with us!

Reception - Year 3



Year 4 - Year 6



Year 7 - Year 12



Spotlight On: Lunches

The Emergency Lunch Program supports students who have been identified as not having access to a sufficient or nutritious lunch. Providing emergency lunch items at school helps ensure these students can concentrate and participate effectively throughout the school day.

Whilst we have a range of packaged and ready made meals available, you may also like to try the following lunch options (fun names optional):

- **Hot Pocket Heroes** - baked bean or spaghetti jaffles
- **Twist and Toast** – AKA spaghetti on toast
- **Oat-tastic bowls** - porridge using brekky club oats and fresh fruit
- **Mitey Toast** – Vegemite toast
- **Fresh Snack Pack** - fresh carrot sticks and fruit
- **Muesli Munch** – muesli with chopped fruit (dry or soaked briefly in water/milk)



What's Cooking?

Banana & Muesli Cookies

(made with SBCP Muesli)



Makes: 6-8 cookies

Difficulty: Easy

Health Rating: Green

Ingredients

- 2 cups muesli
- 2 ripe bananas

Optional:

- drizzle of honey

Method

1. Pre heat oven to 180C (160C fan-forced).
2. In a medium bowl, mash the bananas with a fork and add the muesli. Stir to combine.
3. Using clean hands, mould the mix into small balls and press onto a lined baking sheet, flattening slightly (approx. 1cm thick).
4. Bake for 15-20 minutes until lightly browned. Allow to cool slightly, then enjoy!

Tips and Tricks

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

Engagement

- Create a Spotify playlist where students write down their song choices and play this music/playlist at brekky club
- Create fun question cards to facilitate conversation and connection between students and/or staff
- Have your students name their brekky club – you could even make it a competition!

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-fied 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



Department
of Education

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Foodbank Victoria acknowledges the Traditional Custodians of the lands throughout Victoria and pays respect to elders past, present and emerging.