



Variety School Breakfast Club



Choosing food for the Variety School Breakfast Club

A nourishing breakfast sets children up for success in the classroom. When planning your school breakfast program, include food from the five food groups:

- Grain (cereal) foods
- Fruit
- Meat and alternatives
- Dairy and alternatives
- Vegetables.

Offering a variety of these foods helps children feel satisfied, energised and ready to learn. It is also an opportunity to ensure consistency across all food programs in your school such as the canteen, lunch program and kitchen-garden program.

Good options from each food group include:

- Grain (cereal) foods
- Bread, rolls, wraps, pita, crumpets or English muffins
- Choose wholemeal or multigrain where possible
- Fruitbread or un-iced fruit buns
- Pancakes or pikelets
- Tinned spaghetti
- Porridge, muesli, wheat biscuit cereals (eg Weetbix™), wholegrain cereal flakes or muesli

Choose cereals that have:

- Less than 20g sugar per 100g if dried fruit is not an ingredient
- Less than 25g sugar per 100g if dried fruit is an ingredient





Variety School Breakfast Club



Fruit

- Fresh or frozen
- Canned (in 99% fruit juice with no added sugar)

Dairy and alternatives

- Milk (plain or lightly flavoured e.g. Milo®)
- Non-dairy milk alternatives as required (e.g. soy)
- Choose those with at least 100mg calcium per100mL
- Yoghurt and cheese
- Choose reduced fat where possible
- Vegetables
- Fresh or frozen
- Canned
- Choose reduced salt where possible

Meat and alternatives

- Eggs*
- Baked beans
- Lentils, legumes, hummus, falafel
- Peanut butter and other nut butters*
- Oils and fats
- Monounsaturated or polyunsaturated margarine
- Vegetable oils (e.g. olive, canola, sunflower)
- Check your school allergy policy*





Variety School Breakfast Club



Try these tasty ideas:

- Wholegrain cereal flakes with milk and canned fruit
- Porridge topped with fruit
- Wholemeal or multigrain toast with baked beans
- A glass of milk and a piece of whole fruit (apple, pear, banana or mandarin)
- Yoghurt with untoasted muesli and frozen fruit
- English muffin with tinned spaghetti
- Wholemeal or multigrain jaffles (e.g. cheese and tomato, cheese and baked beans)
- Pancakes or pikelets with yoghurt and fruit
- A fruit platter served with yoghurt
- Fruit bun with a glass of milk.

Water should be available at all times. To spark interest, you could try adding fresh fruit pieces (try lemon, orange or berries) to a jug of water to lightly flavour it.

Toast toppings:

Toast with simple toppings like jam, honey, peanut butter or yeast-based spreads (e.g. Vegemite, Promite®) is a quick and popular choice. Although these toppings can be higher in salt or sugar, they can still be offered by:

- Using a thin layer rather than a thick coating
- Choosing lower sodium and/or lower sugar where possible
- Rotating options so children enjoy a variety.

To provide a nutritious breakfast, do not offer foods that are high in saturated fat, salt and sugar and low in fibre, such as:





Variety School Breakfast Club



- Fruit juice and dried fruit (choose whole fruit instead)
- Processed meats, including bacon and sausages
- High sugar breakfast cereals
- Butter
- Chocolate spreads.

When running a breakfast program, it is important that staff and volunteers have skills and knowledge in food safety and hygiene matters to handle food safely. It is recommended that all staff and volunteers [complete the free online food safety training course](#).

Additional information and resources about food safety are available [here](#).

There may be other food safety requirements that apply. Check with an Environmental Health Officer at your local council.

Dietary requirements: Food allergies are common in Australia, and it is likely that some students in your school will be managing life-threatening allergies or other dietary requirements. In line with DECYP policy, schools must:

- Refer to each student's Medical Action Plan and any specific instructions on managing their medical condition.
- Consider the breakfast program in the school's risk minimisation strategies for students with anaphylaxis or other dietary requirements. Clear communication with families is key to helping the program run smoothly. Consider:
- Asking families early if their child plans to attend
- Sharing information about the foods that will be offered
- Discussing safe alternatives and strategies for preventing cross-contamination where needed





Variety School Breakfast Club



- Keeping ingredient information readily available so parents and students can be informed quickly if questions arise.

To ensure safe food service, staff and volunteers involved in preparing and serving food for students with food allergies or other dietary requirements should be trained in allergen management. A recommended resource is the free online training: [All About Allergens for schools](#).

Additional information and resources about food allergies are available [here](#).

More information:

Department of Health has community dietitians who are available to provide nutrition training and support to school staff and volunteers.

Contact community.nutrition@health.tas.gov.au

Other resources:

- [SmartFood Guide](#)
- [Australian Guide to Healthy Eating](#)

