

A simple

SCHOOL BREAKFAST GUIDE



How to offer a healthy breakfast that complies
with School Food Standards

SCHOOL BREAKFAST GUIDE



Why is breakfast important?

Children & young people tend to sleep for longer than adults, and so use up more of their energy stores overnight. This means breakfast is particularly important for replenishing those stores and getting their brains ready for being used during the day. A healthy breakfast can help with concentration, energy levels, and even performance at school.

Regularly eating a healthy breakfast can also help towards having an overall healthy diet. Breakfast is a great opportunity to boost fibre, protein, and micronutrient intake and create healthy habits for later life.

Who is this guide for?

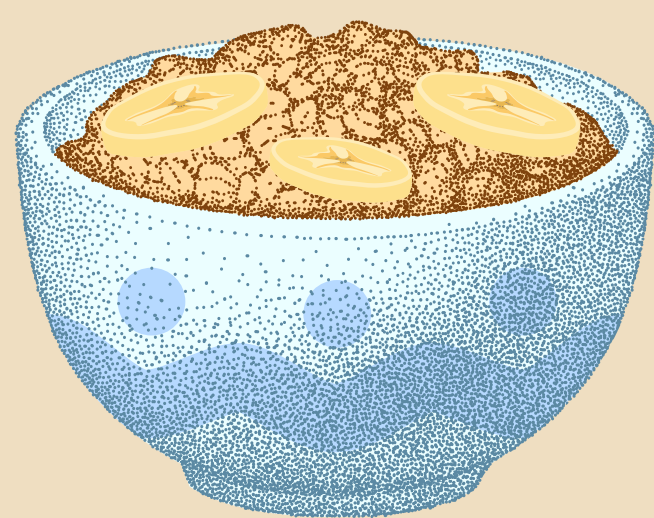
Anyone who organises or contributes to a school breakfast can use this guide to help with what foods to offer each day.

BASE BREAKFASTS AROUND WHOLE GRAINS



- These foods are filling, nutritious & provide a slow release of energy to fuel pupils through the morning.
- Eating more wholegrains during childhood & adolescence creates good habits for later life.

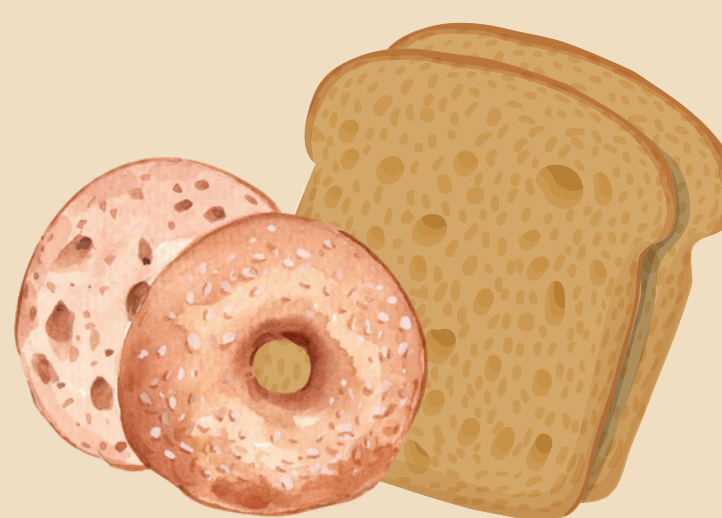
What foods?



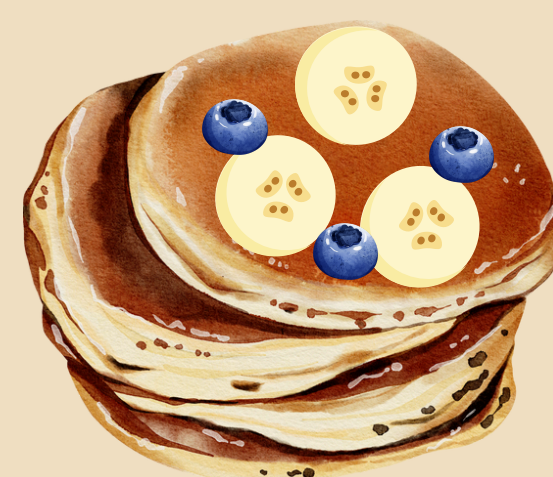
Porridge & overnight oats



Higher-fibre cereals (e.g. shredded wheat)



Wholemeal, brown, seeded, or 50:50 breads & bagels



Whole-grain pancakes



Try not to serve white bread – 50:50 breads look almost identical to white when toasted & are widely liked by children & young people.



FRUIT AND/OR VEGETABLES SHOULD BE OFFERED AT BREAKFAST EVERYDAY



- Fruits & vegetables are full of vitamins & fibre.
- Eating at least one portion of fruit/vegetables at breakfast will help all pupils to eat their 5-a-day

What foods?



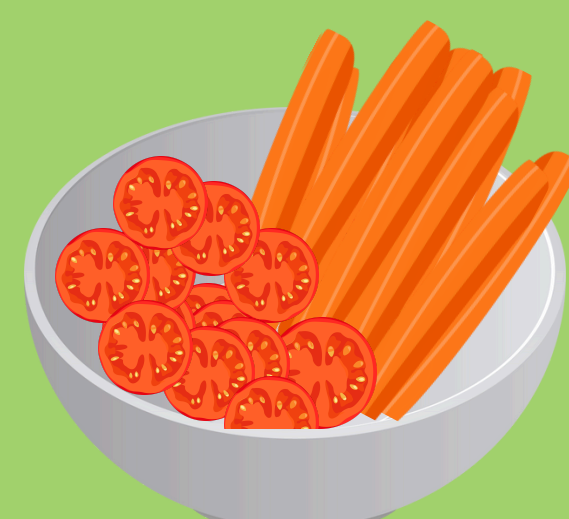
Whole pieces of fruit (e.g. apple, banana, orange)



Frozen or dried fruit added to yogurt or porridge



Tinned fruit in juice



Sliced tomatoes or carrot sticks



Children can be more accepting of sliced up fruit/vegetables. This can also help reduce waste.



INCLUDE A PROTEIN-RICH FOOD EACH DAY



- Protein is critical for growth and development.
- It also helps us to feel full.

What foods?



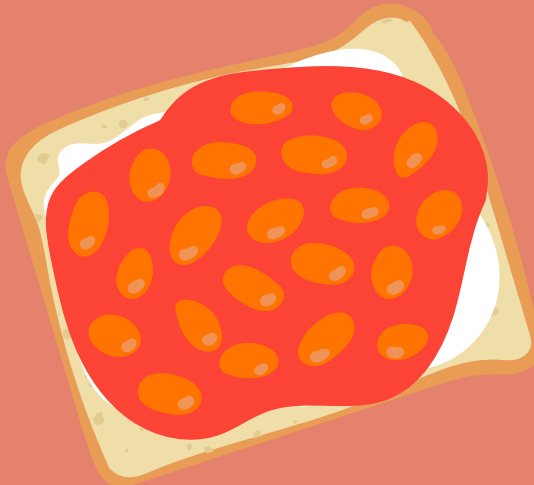
Plain yogurts
(including
dairy-free)



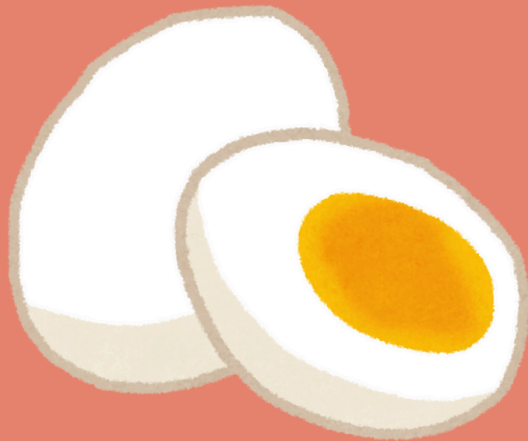
Lower-fat
cream cheese
(including
dairy-free)



Semi-skimmed
milk (including
fortified milk
alternatives)



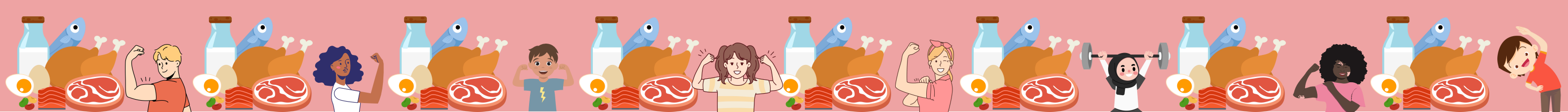
Low sugar & salt
baked beans



Eggs



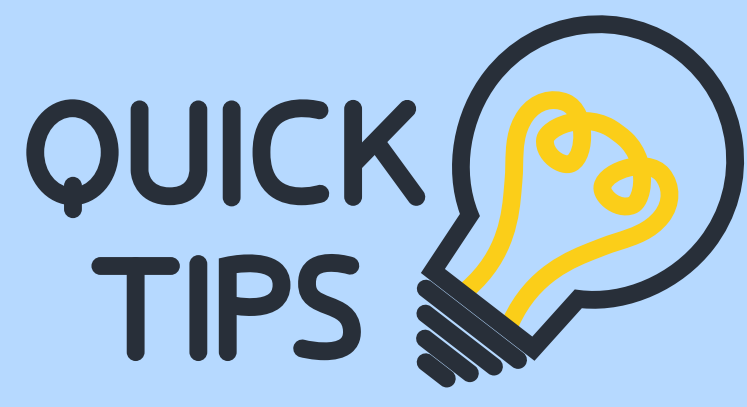
Try to include some dairy (milk, cheese, yogurt), or fortified alternative, as these foods provide calcium for healthy bones. and teeth



WATER MUST BE AVAILABLE TO DRINK AT BREAKFAST EVERYDAY



- Hydration is vital for children as they have a higher proportion of body water than adults & tend to be a lot more active
- Serving plain water (& low-fat milk) will keep pupils hydrated without any added sugars.



Although fruit juice can count as one of your 5-a-day, it can be higher in sugar, so opting for whole fruit is often better.

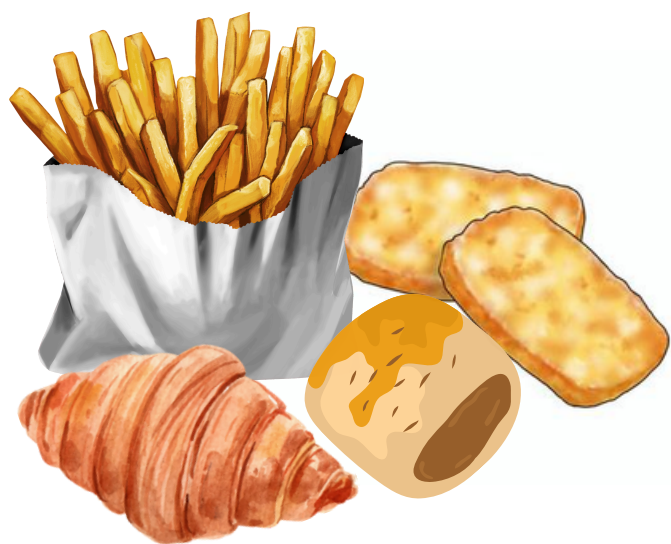


FOODS YOU SHOULDN'T SERVE AT BREAKFAST



ANYTHING CHOCOLATEY

For example, chocolate cereal, chocolate milk, chocolate spread, chocolate pastries.



ANYTHING FRIED*, BATTERED, OR PASTRIES

For example, croissants, hash browns, sausage rolls, chips



SUGARY DRINKS

For example, flavoured milk, milkshakes, juice with added sugar, including squash and cordial (even if sugar free).



SUGAR OR SYRUP TO ADD TO CEREAL OR DRINKS



CEREAL BARS

*Although permitted, these foods are restricted across the school week. To help your school comply with School Food Standards, it's best not to serve them at breakfast

CHECKLIST FOR SCHOOL FOOD

OTHER THAN LUNCH



Use this checklist to ensure all food items served at your school breakfast & after school club comply with school food standards.

	Breakfast	Mid-morning break	After school club	Other (e.g., vending machine)
Starchy food cooked in fat or oil no more than 2 days each week*				
Fruit and/or vegetables available in all school food outlets				
A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*				
Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours				
No more than 2 portions of food that has been deep-fried, batter-coated, breadcrumb-coated, each week*				
No more than 2 portions of food which include pastry each week*				
No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat *				
No savoury crackers or breadsticks				
No confectionery, chocolate and chocolate coated products*				
No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)				
Salt must not be available to add to food after it has been cooked*				
Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.*				
Free, fresh drinking water at all times*				

*these standards apply across the whole school day, so you need to take the lunch menu in to account too.

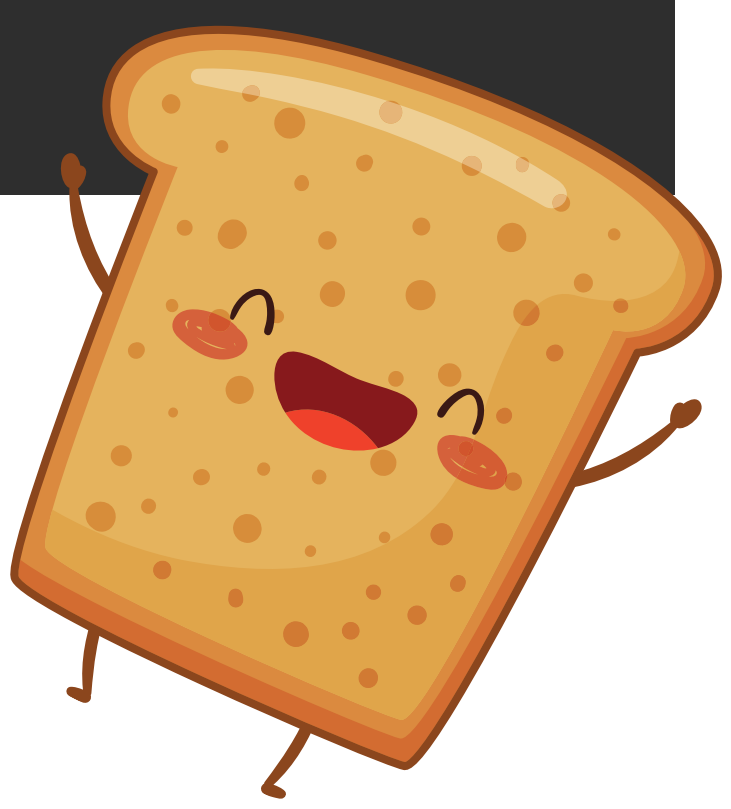
Produced by:

Eloise Tann  e.e.tann@sheffield.ac.uk

Neil Boyle  n.boyle@sheffield.ac.uk

Siobhan Jennings Leeds City Council

GOOD School BREAKFAST



This work is part of the UKRI-SPF 'Transforming UK Food System' programme funded H3 project (Grant No: BB/V004719/1)