

Building Healthy Schools & Communities: Breakfast First!

Student Resources:

Power Up With Breakfast Activity Sheet – Activity sheet for students

http://www.kidsacookin.ksu.edu/pdfs/pp-power_up_sheet.pdf

School Breakfast – The official school breakfast website offers many activities for students, such as comic strips, fun facts, quizzes and coloring sheets.

www.schoolbreakfast.org

Faculty/Staff (bulletin board resources)& Parent Resources:

California Dairy Association – *Parents Get Straight A's with a Healthy Breakfast Fact Sheet*

http://www.dairycouncilofca.org/PDFs/partner_in_breakfast_2006.pdf (English)

http://www.dairycouncilofca.org/PDFs/ParentsGetAs_span.pdf (Spanish)

Eat Smart. Play Hard™ – Power Up With Breakfast Brochure

http://www.kidsacookin.ksu.edu/PDFs/pp-powerbreak_brochure.pdf

Eat Smart. Play Hard™ Bookmarks (English and Spanish):

http://www.fns.usda.gov/tn/Resources/EatSmart/powerbreakfast_bookmark.pdf

http://www.fns.usda.gov/tn/Resources/EatSmart/powerup_bookmark.pdf

Oregon Dairy Association – *Score Big with Breakfast*. This guide gives two weeks of nutritious, quick-fix breakfast or snack ideas. Included are three MyPyramid Smoothie recipes.

http://www.oregondairycouncil.org/resources/free_downloads/downloads/Score_Big_LemonVS.pdf

Washington Action for Healthy Kids – Breakfast Equals Achievement Parent Fact Sheet

http://www.eatsmart.org/client_images/b_a_parents_english.pdf (English)

http://www.eatsmart.org/client_images/b_a_parents_spanish.pdf (Spanish)

Washington Action for Healthy Kids – *Breakfast Equals Achievement Fact Sheet*

http://www.eatsmart.org/client_images/b_a_wa_rev_408.pdf