



## National School Breakfast Week Parental Involvement Suggestions October 12-16, 2009

### Ideas on how to involve parents in school breakfast

At the ANC 2009 Breakfast Week Education Session, each attendee submitted a suggestion on how to involve parents in school breakfast. There were over 50 great ideas and the highlights are listed below:

- We hold Muffins for Mom and Donuts for Dad mornings.
- Promote the benefits of low cost of school breakfast.
- Invite parents to eat breakfast with their children on special occasions such as NSBW and National Education Week.
- Ask parents to help serve breakfast so they can see how much the kids like eating breakfast and the nutritional value.
- Invite parents to "man" an oatmeal bar where students get to add their own toppings to their oatmeal.
- We have a parents/grandparents breakfast once a month in our school. Remember to always get approval from the Principal.
- Work with the PTO/ PTA to promote the benefits of school breakfast to parents.

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- Send home flyers to parents about school breakfast.
  - Invite parents to come and see their children's artwork on display.
  - Invite parents by grade level to join their child for breakfast on different days.
  - Ask parents for recipes.
- Set up an incentive/ reward to the children who get parents involved.
  - Give them a free breakfast when they eat with their kid or kids.



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- Have parents or PTA assist with giveaway bags to give to students who participate in school breakfast. This will increase participation and knowledge of the school breakfast program.
- Invite parents to breakfast and invite the media to report on the event and your school breakfast program.
- Hold a nutrition lesson while parents eat breakfast with their kids at school.
- Invite parents to join their children for breakfast and take a photo of them eating together. Display the photos for everybody to see.
- Hold parent vs. kids games during breakfast. You might have to start breakfast a little earlier that morning.

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- Promote school breakfast by passing out breakfast to parents when they drop their kids off.
- Pick a classroom a month and ask for parent volunteers to serve.
- Have students create posters by classroom and get the principal to judge. The winning classroom gets to pick breakfast for the day and invite their parents to participate.