



## EVENT IDEAS

### Elementary Schools

#### **Hero's Breakfast**

Promote healthy breakfast choices by hosting a monthly “hero’s breakfast” for invited community heroes or celebrities, such as firefighters, policemen, good Samaritans, sports figures or other personalities. Encourage more students in your school to enjoy breakfast regularly and get a good start in the morning!

#### **Planning the Event:**

Work with students, teachers, school nutritional professionals and the principal to identify the best day of the month to host a community breakfast. For example, space might be available on the second Monday of each month.

Identify local heroes and celebrities in your community. Create an invitation that will be sent to breakfast invitees.

Keep in mind that many invitees will need plenty of advance notice in order to attend, so you’ll want to line up your guests for several months in advance.

In your invitation, ask invitees to share with the community their favorite healthy breakfast choices. In advance, provide heroes with brief information about the program’s goals, what is being served at the breakfast and why these foods are healthy choices.

Promote the breakfast event to students and school staff. The goal of this program is to encourage more students to enjoy a well-balanced, nutrient-rich breakfast, so advertise the event with posters, flyers and announcements.

Working with your school nutrition professionals, prepare a breakfast menu that includes a variety of delicious and nutritious choices, including low-fat and fat-free dairy foods, fruits, vegetables, whole grains and lean protein foods. Local grocery stores or school food vendors might be willing to provide food samples and ideas.