



Use these Vermont products in your snack program this month:



Farmers store root crops year-round. If you need assistance locating these products, see the Resource section.

### Other March Celebrations

National Nutrition Month  
[eatright.org/nnm](http://eatright.org/nnm)

Baseball Spring Training starts!  
[springtrainingonline.com](http://springtrainingonline.com)

Celebrating...

## NATIONAL SCHOOL BREAKFAST WEEK

— First Week of March —



**N**ATIONAL SCHOOL BREAKFAST WEEK was launched in 1989 to raise awareness of the availability of the School Breakfast Program to all children and the links between eating a good breakfast, academic achievement and healthy lifestyles. *National School Breakfast Week* is an opportunity to highlight the important, positive role of school breakfast in our nation. School meals have been shown to improve the nutritional health of children, improve academic performance, reduce behavior problems, and prevent obesity. You can find more information at [schoolnutrition.org](http://schoolnutrition.org) and [hungerfreevt.org/what/school-meals](http://hungerfreevt.org/what/school-meals).

So you thought vegetables weren't good for breakfast?!



Here are a few delicious ideas...

- *Vegetable Frittata*
- *Squash Pancakes*
- *Maple Roasted Root Vegetables*



See **RECIPES** section on our website for these and other recipe ideas

## Growing School Breakfast Participation

There's more than one way to serve breakfast!

### • Classroom Breakfast

Offering breakfast in the classroom in elementary schools can see an increase in participation between 60-100%.

### • Grab-and-Go Breakfast Bags

All the components of school breakfast are conveniently packaged so students can grab a bag quickly, either from the cafeteria line or from carts on school grounds.

### • Second Chance Breakfast

Some schools offer "second chance breakfast" between first and second periods. Breakfasts are available in the cafeteria, from "grab-and-go" carts in the hallway, or in other high traffic areas.

## ACTIVITIES for NATIONAL SCHOOL BREAKFAST WEEK

- ★ **Educate students** about the importance of a healthy breakfast and the nutrients essential for high performance.
- ★ **Serve breakfast** in your classroom.
- ★ **Conduct a trivia game** with a breakfast or nutrition theme.
- ★ **Invite parents and other special guests** such as a local farmer, the mayor or local basketball team.
- ★ **Ask students to write** about their favorite breakfast and how it helps them learn.
- ★ **Have students create posters** of their favorite breakfast foods and hang them in the cafeteria.
- ★ **Get others involved!** Speak to teachers, administrators, and parents to gather support for a *National School Breakfast Week* celebration.
- ★ **Publicize *National School Breakfast Week*** on the back of your school menus, in school newspapers and on your website.

## SNACK bites

- Dress up vegetables sticks with a fun dip like *Sunshine Dip*, aka *Fruit with Creamy Yogurt Dip*.
- Have a variety taste test to explore the differences between varieties of a fruit or vegetable.
- Make *vegetable chips*. Turnips, parsnips, and kale are great options.



See RECIPE section for more ideas