



SCHOOL WEBSITE

Website Ideas

- Create a short video for your school website.
- Take pictures and use a slide show with music to show breakfast choices at school (example: a free, 30-second video can be done with www.animoto.com).
- Gather students or the Fuel Up to Play 60 student team and perform a skit on why breakfast is important and how it relates to good grades, test scores and being healthy.
- Gather school sports teams, huddle up and have them show their favorite school breakfast and why breakfast is important.

Web Banners

Get the word out! Web banners can be a great way to promote the importance of school breakfast on your school website.

Breakfast PSAs

- Breakfast literally breaks the nightlong fast. If breakfast is skipped, your body endures more stress. Students who skip breakfast have poorer attention and memory. Those who say yes to breakfast are less likely to be absent, late or visit the school nurse. Make sure your family huddles up for breakfast.
- Missing out on breakfast usually means missing out on key nutrients your body needs each day. Students can find it challenging to make up what they lost at breakfast. Starting each day with breakfast and balancing your meals with physical activity makes it possible to improve your school performance and achievement. Kick off each and every day with breakfast.
- Did you know your school cafeteria offers a nutritionally balanced breakfast each day? Start your day like a superstar by choosing low-fat and fat-free dairy, fruits and whole grains. That winning combination can keep students fueled up and ready to rock their school day! After fueling up with the right balance of nutrition, make sure you are physically active for 60 minutes every day for a complete healthy lifestyle.