



# SCHOOL BREAKFAST PROGRAM

## MAKE THE DIFFERENCE



**FOODBANK SA OFFERS A VARIETY OF FOOD EITHER FREE OF CHARGE OR AT VERY LOW COST TO WELFARE AND COMMUNITY SUPPORT AGENCIES, INCLUDING SCHOOLS.**



### ABOUT FOODBANK SA

Foodbank SA is a non-profit organisation established in South Australia in 2000. Foodbank SA is the largest food relief organisation in South Australia with a vision to achieve a South Australia without hunger. We source food from the food industry and make it available to welfare agencies and people in need.

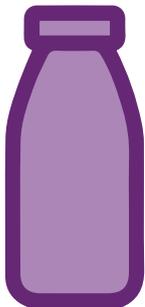
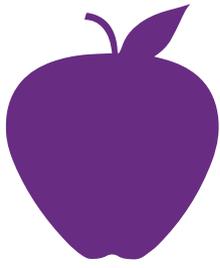
Foodbank SA offers a variety of foods either free of charge or at very low cost to welfare and community support agencies, including schools. Foodbank SA has warehouses in Edwardstown, Berri, Mount Gambier and Whyalla.

### SCHOOL BREAKFAST PROGRAM (SBP)

Foodbank SA wants to make sure that South Australian children, regardless of their circumstances, have an equal start in life which is why a key area of our work is to source and acquire food items to support school breakfast programs across metropolitan Adelaide as well as regional and remote areas of South Australia.

School Breakfast Programs (SBPs) can help to provide healthy, nutritious food to children who turn up to school hungry, provide fruit bowls in classrooms and common areas, enable canteens to provide healthy snacks or fruit salad and much more.

Foodbank SA delivers breakfast foods to schools FREE of charge in all regions of SA, and also provides food to other charities for their breakfast programs.



**= FREE**



## WHAT FOODS ARE PROVIDED THROUGH FOODBANK SA'S SBP?

The Foodbank SA SBP offers FREE products to schools including:

NON-PERISHABLE (SHELF STABLE) PRODUCT	FRESH PRODUCT (As available via donation)
Breakfast Cereal (e.g. Vita Brits or Weetbix)	Apples
Long life Milk (UHT) - Full Cream and skim	Oranges
Canned Fruit in natural juice	Seasonal Fruit
Spreads like Jam or Vegemite	Bread

These products are supplied at no cost to the schools involved in the program. Some schools purchase other products themselves to add to their breakfast menus including pancake mix, crumpets, yoghurt and juice. Through the Foodbank SA Schools Program schools also have access to a general schools account where the membership fee has been waived and registered schools are permitted to purchase other products from general Foodbank stocks for a set handling fee.

### ELIGIBILITY

All South Australian schools are eligible to join. This includes primary and secondary schools as well as both public and private schools. Alternative education organisations can also enquire and may be eligible for the program.

### HOW TO APPLY FOR THE FOODBANK SA SCHOOL BREAKFAST PROGRAM

To apply for the School Breakfast Program please contact Eleisha Golding, Education Programs Manager, Foodbank SA via email [schools@foodbanksa.org.au](mailto:schools@foodbanksa.org.au) or via phone (08) 8351 1136 ext.242. The application form is to be completed and sent back to Foodbank SA.

### HOW OFTEN SHOULD YOU RUN YOUR SCHOOL BREAKFAST PROGRAM?

This depends on student needs at your school. Each school is different; some run a breakfast program every day while others a few times a week. It is up to you and your school to decide what you think will be the best fit for your school and the students needs.

### WHAT RESOURCES ARE REQUIRED?

The resources you require to run your SBP will depend on the type of breakfast program you are running as well as the resources and space available.

Some things you may need for your School Breakfast Program may include:

VENUE	CUTLERY AND CROCKERY
A designated room or area to run the breakfast program. This could be a kitchen, staff room, canteen, home economics room, gymnasium or classroom.	Plates, bowls, cups and cutlery. Each school differs, some use plates others use paper towel or serviettes for toast.
LARGER ITEMS	STORAGE SPACE
Fridge and freezer Tables and chairs Oven and/or stove top Microwave, toaster, toasting maker Pots and pans	Cupboard or other secure area to store non-perishable breakfast food and other resources. Storage containers for cutlery and serving dishes
CLEANING PRODUCTS/ DISH WASHING FACILITIES	
Kitchen sink or plastic bucket Detergent, cleaning products, hand wash, tea towels, paper towel, cleaning cloths and Plastic gloves	

## WHO CAN RUN THE SCHOOL BREAKFAST PROGRAM?

The breakfast program can be run by a variety of people in the school community. Some of the people running breakfast programs often include Pastoral Care Workers, School Chaplains, SSO's, canteen staff, teachers, Aboriginal Community Education Officers and office staff. Schools sometimes also have a number of parent/caregiver volunteers, volunteers from the community (for example from a local church) and some also have student volunteers who help run the program.

## VOLUNTEERS

Volunteers can play an important role in SBPs. If you are looking for volunteers you could:

- Advertise in the school newsletter
- Send information home to parents, caregivers and grandparents
- Seek out older students in the school who may be interested in helping
- Seek out local church groups
- Try your local Lions or Rotary clubs.



## HOW TO ORDER SBP FOODS?

All SBP orders are completed online via the Foodbank SA website. Once registered schools will receive logon details and they can login to view and order SBP products. The Edwardstown warehouse can deliver to metropolitan schools on a fortnightly basis and to regional/remote schools on a termly basis. Delivery is free for all school breakfast items; it is also free for non-breakfast items subject to a minimum order. Otherwise delivery is \$25+ plus GST per pallet.

Schools supported by the regional warehouses have varying delivery dates and should be contacted directly to arrange.

## HOW TO PROMOTE YOUR SBP TO THE SCHOOL COMMUNITY

- Present information to staff at staff meetings.
- Put an article in the School Newsletter.
- Put SBP posters around the school.
- Inform students in class or at assembly.
- Send a letter home to parents.

## WHAT WORKS WELL

- Normalising the school breakfast program and making it part of the daily school routine.
- Having a dedicated group of staff and volunteers to run the program including happy/friendly reliable and committed volunteers.
- Teachers being aware of the breakfast program and knowing to keep an eye out for students who may have not had breakfast and or other meals.
- Having the support of the school and wider school community.
- Having a SBP based on the schools needs and implemented at a level that the school can cope with and maintain easily.
- Being organised.
- Having the older or more responsible students help out.

## FEEDBACK FROM SCHOOLS SUGGESTS THAT SOME OF THE IMPACTS OF HAVING SCHOOL BREAKFAST PROGRAMS IN SCHOOLS INCLUDE:

- Building a sense of community in the school.
- Bringing children together and helping them to meet people.
- Students engaging in class a lot better with a full stomach.
- Students demonstrating greater persistence and resilience for learning.
- Improvements to learning, attention span and behaviour.
- Breakfast becoming a familiar routine that students follow on these mornings. Having a consistent routine is important to ensuring positive student wellbeing.
- Providing a safe environment and keeping students focussed.
- Improving student attendance at school.

## FOR ANY SCHOOL BREAKFAST PROGRAM ENQUIRES

**PLEASE CONTACT ELEISHA GOLDING, EDUCATION PROGRAMS MANAGER**

Email: [schools@foodbanksa.org.au](mailto:schools@foodbanksa.org.au)

Phone: (08) 8351 1136 ext.242

**For more information visit:  
[www.foodbanksa.org.au](http://www.foodbanksa.org.au)**

