

Manager's Corner

Hosting Parent Breakfast

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PURPOSE

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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Suggested Reference Citation:

Institute of Child Nutrition. (2019). *Manager's corner: Hosting parent breakfast*. University, MS:
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February 27, 2019

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Professional Standards

Communications and Marketing Training – 4100

Employee will be able to develop plans that include involvement with school and community members, empowers school nutrition leaders and address excellent customer service.

4120 – Promote the Child Nutrition Program

Introduction

Manager's Corner: Including Parents in School Nutrition Program is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. *Manager's Corner: Including Parents in School Nutrition Program* provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.

Lesson Overview—Questions

Objective: Promoting the School Breakfast Program by hosting a parent breakfast.

Why it is important: It is important to promote the School Breakfast Program through a variety of strategies, such as by hosting a parent breakfast because it informs parents that the school does offer breakfast for students and what that breakfast includes. It gives the school nutrition staff a chance to educate parents on the importance of breakfast and why their children should be eating breakfast. And, parents get to experience school breakfast in a positive environment.

Materials:

- **Event Questionnaire**
- **Event Questionnaire Answer Key**

Instruction:

Ask the staff to answer the questions included in this training. Facilitate the activity.

Questions for the staff:

- How can school nutrition staff work with teachers to promote such an event?

Answer: Teachers can announce it to the students and tell them to remind their parents. Teachers can send emails and reminders to parents about the event.

- **What are the benefits to hosting this event for parents? Students? School nutrition staff?**

Answer: Parents will be aware that the school does provide breakfast for students. For parents that work in the morning and are in a hurry to get their kids to school can rely on the school breakfast to feed their children a healthy meal in the morning. Eating breakfast gives children a healthy start to the day and can improve academic performance and their behavior.

Activity Instructions:

- Ask staff to complete the **Event Questionnaire** using the above information. At the conclusion of the activity, review the **Event Questionnaire Answer Key**.

Event Questionnaire

Instructions: Write your responses to the questions below and have an open dialogue with your manager and staff.

Answer:

What information should be included in the short speech at the parent breakfast?

What should be on the menu at the parent breakfast?

How should this event be advertised?

Event Questionnaire Answer Key

Instructions: Write your responses to the questions below and have an open dialogue with your manager and staff.

Answer:

What information should be included in the short speech at the parent breakfast?

- Inform parents that the school does offer breakfast options for students
- Provide nutrition education to the parents on the importance of breakfast and why their children should be eating breakfast

What should be on the menu at the parent breakfast?

- The breakfast should serve the food components which reflects the USDA school meal pattern requirements and encourage healthy food selection. This should include:
 - Fluid milk,
 - Fruit (or vegetable as a substitute), and
 - Grain (or optional meat/meat alternate (m/ma))

How should this event be advertised?

- Announcements as well as reminders to the students to inform their parents
- Email reminders
- Posters on the notice board

References

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