

National School Breakfast Week

March 4-8, 2024

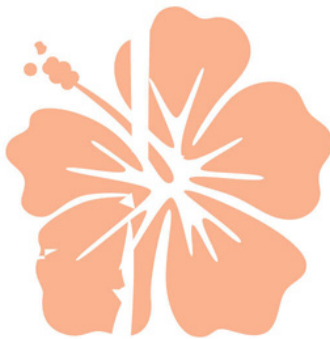
“Surf’s Up” and let’s celebrate National School Breakfast Week at your school!

The Department of Food and Nutrition invites you to celebrate National School Breakfast Week (NSBW), March 4-8, 2024, with the theme, “*Surf’s Up With School Breakfast*”. This week-long celebration encourages all schools to recognize the importance of a healthy start to the day with breakfast to fuel student’s academic success. **Miami-Dade County Public Schools (M-DCPS) offers FREE breakfast and lunch to all students each school day!**

ANNOUNCEMENTS

Promote and help create awareness about the NSBW with these message suggestions:

- National School Breakfast Week is March 4-8, 2024 and this year’s theme is “**Surf’s Up With School Breakfast**”. Let’s make sure that students are ready to begin their day with a healthy and nutritious school breakfast.
- All Miami-Dade County Public Schools offer **FREE** Breakfast and Lunch daily for all students!
- Eating a daily, healthy breakfast helps to promote:
 - Higher levels of achievement in reading and math
 - Score higher on standardized tests
 - Have better concentration and memory
 - Be more alert and
 - Maintain a healthy weight



CELEBRATION IDEAS

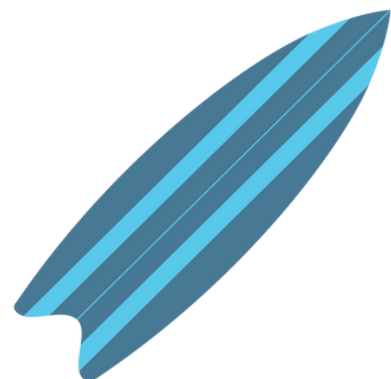
- Decorate your cafeteria with NSBW posters and serving lines with a tropical theme.
- Place copies of coloring and activity sheets on the tables with crayons and hang their artwork up in the cafeteria.
- Invite teachers, administrators or even your school principal to stand in as guest servers for breakfast one morning.
- Offer a tasting of new breakfast menu items and talk to students about the nutritive benefits they get from certain foods, such as strong bones from the calcium in milk or energy from the complex carbs in oatmeal.
- Have the school mascot or a volunteer dress up as a popular character from a movie or TV show based on the theme.

RESOURCES

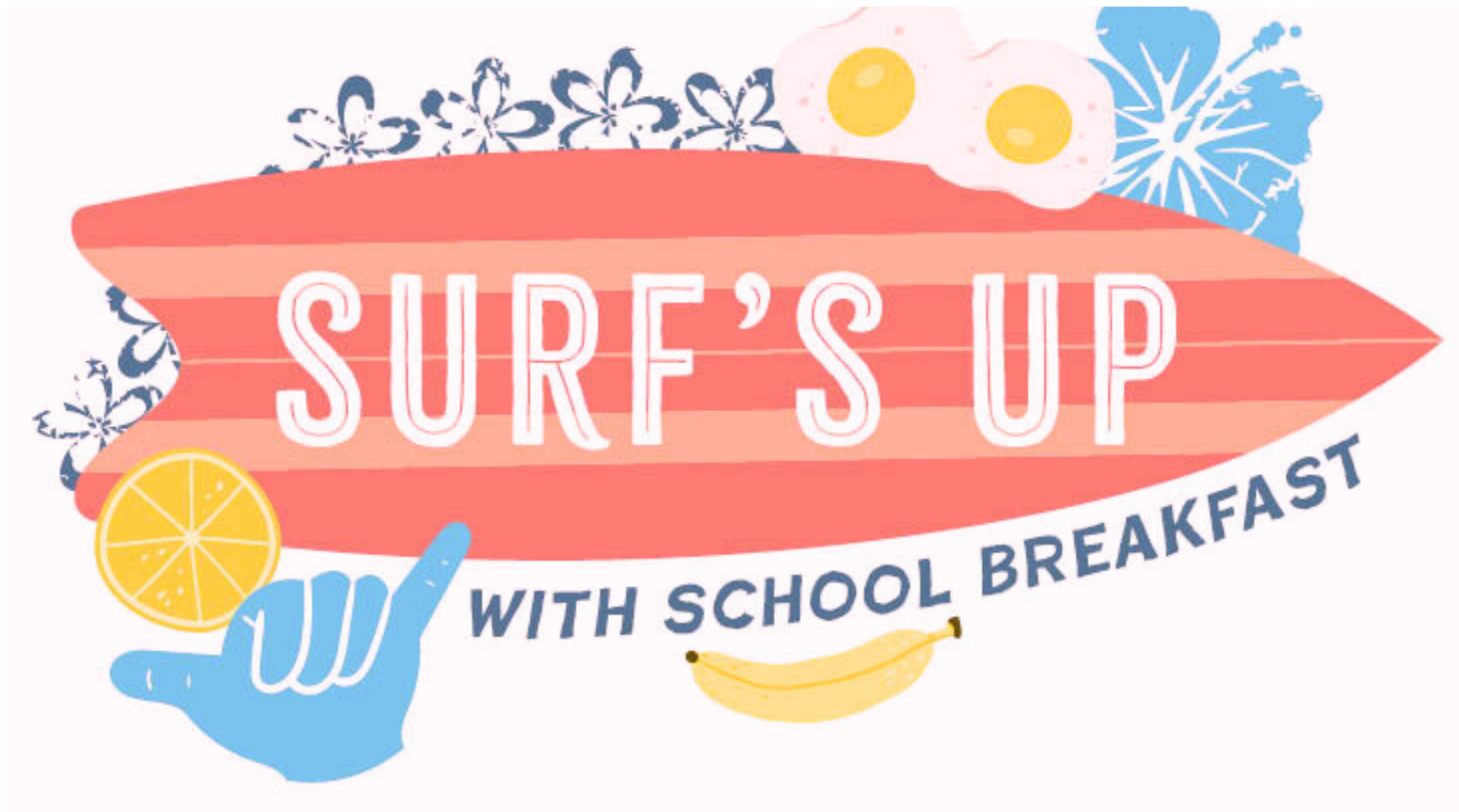
Please complete the attached Participation Form to receive promotional materials.

If you have any questions, please feel free to contact Ms. Audra Young-Wright, Director, Professional Development, Training and Personnel at the Department of Food and Nutrition at AWright3@dadeschools.net or 786-275-0473. We look forward to your feedback on the success of promoting NSBW activities during the week of March 4-8, 2024.

For additional information regarding school nutrition, please visit <https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/#resources>



March 4-8, 2024



Participation Form

To receive promotional items, please complete and return this form to Ms. Robin Berger at rberger@dadeschools.net **by Thursday, February 29, 2024**. Promotional items can be given to your students in support of increasing meal participation at your school.

School Name: _____

School Location #: _____

Manager/Satellite Assistant Name: _____

of Food Service Employees: _____

Daily average breakfast meals served: _____

Requested promotional items will be sent via school mail