



# Homefield Advantage Breakfast for Everyone – First Meal Matters!

This useful one-pager provides practical ways for parents and family members to get involved in making this Play a success — in school and at home!

## Lend a Hand at School

- Discuss school breakfast options at the next parent association meeting. Share information in this [Start School with Breakfast Toolkit](#) from the NEA Health Information Network and Share Our Strength. Brainstorm ways your school can offer or expand a breakfast program.
- Explore how your local PTA could help with [promotion and/or logistics of a breakfast program](#). Identify needs with your school dietitians and other nutrition professionals, school nurse and principal as well as with your school's Fuel Up to Play 60 team.
- Schedule your next parent organization meeting before school and refer to the Healthy Eating Play [A Hero's Breakfast](#) to help promote school breakfast.
- Engage your local PTA and school nutrition/cafeteria staff in holding a school breakfast taste test event to expose students and parents to new or potential breakfast options. Have attendees vote on their favorites.
- Encourage students and parents to work with the cafeteria staff on an ongoing basis to plan school breakfast menus.

## Help at Home

- Talk with your school dietitian and nutrition professionals about hosting a family [breakfast taste test day](#). Expose families (and students!) to new, tasty breakfast foods available at your school. Stress the positive links between breakfast and achievement.
- Work with your school and Fuel Up to Play 60 team to get information about breakfast out to other parents. Can you send a flyer home with students? Ask to post information on your school website. Highlight the [benefits of breakfast at school](#) and encourage parents to have their children participate in all school meal options.
- Reinforce your child's healthy food choices at home by implementing some of these simple, yet effective, tips for [building a nutritious meal](#).
- Provide [make-at-home recipes](#) for popular items served in the school breakfast bar and encourage your children to recreate them at home.