

Materials Supply List - Starting Right with Breakfast Training Module

Bolded items are supplies provided by cadre; SDE will provide non-bolded items.

Table Materials

Blank table tents or sheets of paper, one per participant

Broad tip washable markers; one set per table plus one set for facilitator

Table Letter Signs – A, B, C, and D, one of each letter for 4 table workshop (with additional copies if group will be more than 24 participants)

Pads of 3x3 inch Post it Notes for Marketing Minutes, one pad per table 4-8 pads for a workshop (based on up to 8 tables)

Champions of Breakfast envelopes with answer cards inside, 1 set

Dietary Guidelines Cards for Tables, 1 card from set for each table, if more than

OPTION: If additional Breakfast promotion resources are available, display on table for additional activity if time allows.

Facilitator Supplies

Starting Right with Breakfast PowerPoint, **computer** and LCD projector

Facilitator script/training module

Set of participant materials for reference

Large Post it Style Flip Chart Pages (1 full pad) and Markers

Spatula, scoop or spoodle for mock microphone, optional

Small rewards for participation, with a positive breakfast connection if possible – check dollar stores or purchase breakfast bars/small cereal boxes of whole grain cereals.

Number needed is determined by group size – one per table group report x 3 activities, plus additional for Inside the Box innovative ideas, if desired. For 4-table workshop, a minimum of 12 items needed; for 6-table workshop, a minimum of 18 items; additional items for Inside the Box incentives for selected participants, 2-4 (as facilitator desires).

Estimated total needed for 4 table (24 person workshop) is 12-16; for 6-table workshop (36 person workshop) is 18-22; for an 8-table workshop (48 person workshop) is 24-30.

Koosh ball or other soft item to toss around for final activity

Workshop Administrative Materials

SDE provided sign in sheets and SNA credit sign in sheets

Evaluation forms for workshop, one per participant

Certificates of Completion (SDE standard certificate, not included in this resource), one per participant

Participant materials

(one set per participant, plus one for facilitator)

White Pages

Breakfast is Important Worksheet

Dietary Guidelines Worksheet

Marketing Minute Ideas Record

There's More Than One Way Resource/Worksheet

Yellow Pages

Child Nutrition Fact Sheet – School Breakfast Program
Nutrition Insights – Eating School Breakfast Greatly Improves Schoolchildren’s Diet Quality
Child Nutrition Fact Sheet – Breakfast for Learning Studies Show Fact Sheet
Champions of Breakfast questions and answers
Enhanced and Traditional Food based Menu patterns
NSMP and ANSMP nutrient standards, menu definitions and optional age chart
Reference for breakfast nutrition requirements
Nutrition Nuggets Dietary Guidelines
USDA DGA fact sheets
Fast Facts about the Energy Nutrients
Vitamin A Vitamin C Iron Fiber: Where to Find It fact sheets
Vitamins and Minerals from A to Zinc
Cafeteria Connections Serving the Dietary Guidelines with Style, Energy Balance and Pumping up Performance
Pantry Patrol
Refrigerator Rater
Superintendent Principal information
Physical Education Teachers Coaches information
Parents information
Student Information
Expanding the Reach of School Breakfast
Universal School Breakfast Programs