

Starting Right with Breakfast Training Registration Information for Web site Description

Starting Right with Breakfast trains school nutrition professionals to focus on the importance of breakfast for students.

The purpose of this course is to train school foodservice directors and managers with the information needed to make improvements to their breakfast menus and improve participation in their school breakfast program.

- Identify the importance of breakfast in a child's diet.
- Incorporate the *2005 Dietary Guidelines for Americans* into breakfast menus.
- Understand how to improve the nutritional quality of breakfast foods offered by increasing the use of fruits, low fat dairy foods, lean meats, and whole grains.
- Plan breakfast meals to provide adequate nutrients and meet nutrient requirements.
- Provide ideas for marketing and increasing participation in the School Breakfast Program.
- List alternative ways to serve breakfast and improve accessibility to students.
- Understand Provision 2 breakfast benefits and regulations.

Participants need to bring to the training:

Copies of current breakfast marketing materials, such as brochures, menus, Web site information.

Product information (package labels, nutrition facts, and other information for new breakfast products you've found useful) and 3 or 4 recipes for menu items offered that help achieve the Dietary Guidelines for increasing whole grains, whole fruits, colorful vegetables, lean meats and low or fat free milk/milk products. Please share your successes with others!

Participants are advised to bring a sweater or jacket as room temperatures vary. Please arrive 10 minutes prior to the start of the training.

Questions? Please call 208-332-6822.

SNA Certification: This course is approved for 4 hours of specialized training in Key Area 4: Communications/Marketing.

Copy for Registration Confirmation letter or email

Congratulations! You are confirmed to attend Starting Right with Breakfast Training. Please make note of the following information:

Date: [fill in for each training]

Location: [fill in for each training]

Time: [fill in for each training]

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The training will be interactive. Bring your ideas, questions, and enthusiasm.