



## Children's Nutrition Breakfast

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All Lions clubs are autonomous, meaning that each Lions club is an independent entity responsible for conducting its own events and complying with local laws and regulations. This planner is intended to provide recommendations and should not be considered legal advice or best practices. The activities in this planner may or may not be appropriate within your community. Please consult a local professional to ensure compliance with all laws and regulations, safety guidelines and best practices.



# Children's Nutrition Breakfast

This project planner can help you pair an educational activity with a nutritious breakfast for elementary/primary school children.

By taking on a project like this, you're helping achieve our strategic vision of ensuring all community members have access to nutritious foods.

## Start planning your event.

Fill in the blank fields in the form below to determine the details of your event.

<b>What you will achieve</b> » Educate elementary/primary school children about nutritious choices » Provide children with a healthy breakfast	<b>Duration</b> 1 hour	<b>Location</b> <input type="radio"/> Classroom <input type="radio"/> Childcare organization <input type="radio"/> Community center
	<b>Planning time</b> 1 month	
	<b>Start/end dates</b> _____	

### Planned participants

Select the audience you would like to serve at your event.

<b>People we will serve:</b> <input checked="" type="radio"/> Children <input type="radio"/> Youth <input type="radio"/> Adult <input type="radio"/> All	<b>People who will provide services:</b> <input type="radio"/> Classroom teacher <input type="radio"/> Nutrition expert(s) (optional) <input type="radio"/> Other volunteers _____	<b>Notes:</b> While nutrition is important for every age group, educating children at a young age ensures earlier adoption of healthy choices.
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## Determine all required tasks for your project.

Be sure to focus your planning efforts on activities that are fun as well as educational. All projects should incorporate the following two tasks:

### 1. Determine the educational nutrition activity.

- » Choose an educational nutrition activity that is active and engaging for the age group you choose to work with. Also consider:
  - Size of the classroom/space
  - Time allotted
  - Special physical needs or limitations of children
  - Refer to supplement on page 8 for more ideas

### 2. Determine which nutritious breakfast foods you will serve.

- » Choose foods that are nutritious, easy to distribute, easy to clean up and have minimal waste
  - Pick foods that children's families can likely access and afford
- » Work with school staff or classroom teacher to ensure there are not any food allergies you need to be aware of in the classroom



Assign roles for volunteers at your event.

Position/Role	Name	Contact Information	Notes
Project lead			Can be a Lion/Leo familiar with nutrition, and should be able to manage both event logistics and volunteers
Volunteer manager			Assigns duties to volunteers, and makes sure they are supported if they have questions
School administrator			<ul style="list-style-type: none"> <li>» Approves the school's participation in the project</li> <li>» Connects the club to the teacher, classroom, grade level, etc., that is best suited to the project</li> </ul>
Teacher			<ul style="list-style-type: none"> <li>» Enthusiastic about nutrition education</li> <li>» Works with the club to plan the activity, and communicate the activity to parents</li> </ul>
Event photographer			You must secure signed release forms from participants if you plan to use event photographs for promotional purposes

Make sure you have the appropriate ratio of adults to children for your selected activities.

Number of Lions	
Number of Leos	
Number of others	

#### Suggested volunteer ratios\*:

- » 0-4 years: 1 volunteer per 4 children
- » 4-8 years: 1 volunteer per 6 children
- » 9-12 years: 1 volunteer per 8 children
- » 12-18 years: 1 volunteer per 10 children

\* Many local governments have laws limiting the number of children a child care worker can be assigned to. Please be sure that any activities comply with local regulations.



# Organize your project into achievable steps.

The project lead may complete this form and track progress.

Status	Task	Deadline	Task Lead	Tips
✘	Inform your club			Host a meeting to inform your club about the event
	Create event name/title			
	Form a planning committee			Committee to determine event participants, activities, tasks and logistics
	Prepare preliminary budget			
	Pursue funding (if necessary)			
	Contact the school/organization administrator about the project and identify a teacher and classroom to work with			
	Contact the recommended teacher/staff person about the project			
	Develop a project timeline with the teacher			
	Write a take-home letter for parents, explaining the project (optional)			
	Ensure proper insurance coverage			Check with relevant officials to determine if a certificate of insurance or supplemental insurance will be required  For questions regarding coverage under the General Liability Insurance Policy provided to all Lions clubs, please review the Program Insurance Booklet by visiting <a href="http://lionsclubs.org/pib-en">http://lionsclubs.org/pib-en</a>
	Purchase breakfast food and serving materials			Refer to the Club Awareness Activity: Green Meeting on how to make your project low waste!
	Schedule a post-event meeting to celebrate successes and discuss opportunities for improvement			Use the reflection questions to talk about your project



# Determine the budget for your project.

\_\_\_\_\_ may use this worksheet to determine finances for the event.

Description	Quantity	Cost	Total Expense	In-Kind/ Donations	Income	Balance
<b>Education</b>						
Educational materials						
Nutrition activity supplies						
<b>Equipment</b>						
Refrigeration						
Food						
Serving dishes						
Plates/bowls/ utensils						
<b>Marketing</b>						
Promotional materials						
<b>Other</b>						



## Measure the success of your project.

Reconvene as an event planning committee to celebrate your impact and report your service!

Success Measures			
<b>Measure your project</b>			
# of people served under 18		# of nonmembers volunteered	
# of people served 18+		Total direct service hours	
# of Lions volunteered		Total project planning/fundraising hours	
# of Leos volunteered			
<b>Reflect on your project</b>			
1. Did you educate children about nutritious food choices?			
2. Did you provide children with a healthy breakfast?			
3. What were your biggest successes?			
4. What were your biggest challenges?			
5. Would you do this event again?			
6. What would you change?			



## Healthy breakfast activity ideas

### Activity overview

1. Ask students to form a circle, stretch out their arms and move far enough apart that they cannot touch their neighbor.
2. Students begin by marching in place while listening carefully.
3. A Lion or Leo calls out healthy breakfast behaviors and an action.
4. Students who match the healthy behavior join in the action.
5. Call out a mixture of general behaviors like, “Jump like a frog if you’re learning about healthy eating today” with more specific behaviors like, “Skip in place if you had milk at breakfast”.
6. End the activity after you have called out all the healthy breakfast choices.

### Healthy breakfast choice examples

- » If you eat breakfast every morning, bend down and touch the floor five times.
- » If you eat fruit at breakfast, jog in place.
- » If you like drinking milk, jump as high as you can.
- » If you *did not* eat a sugary cereal, do ten jumping jacks.

