

Other useful resources

- [Change 4 Life Breakfast Swap ideas](#)
- [Change 4 Life Breakfast Recipe ideas](#)

Sugar Smart Breakfast Clubs!

A good breakfast is an important part of the day, however children can easily consume half their recommended amount of added sugar at breakfast!

Schools who have breakfast clubs on their school site, whether they are run by the school or an external organisation need to be compliant with the School Food standards for Food other than Lunch. **There are two steps to take part in this pledge:**

1. **Make sure your breakfast club is Sugar Smart by complying with the National School Food Standards for food other than lunch.** Page 11 of the [Guidance document](#) for the School Food Standard details the standards for breakfast clubs. Page 16 is a handy checklist. Follow the information below about what to serve:

- ✓ Toast (use wholemeal or 50/50 bread) – Marmite and Jam are permitted but limit the use, by not having it available every day or ensuring children have only a thin spread. (You may choose to remove Jam as part of your Sugar Smart pledge).
- ✓ Bagels, crumpets or Plain English muffins can be provided as an alternative to bread on some days of the week
- ✗ Chocolate spread is not permitted.
- ✗ Croissants, scotch pancakes and buns made with a sweetened dough (like pastries, Chelsea buns etc) are classed as cakes, so are **permitted at lunchtime only**.
- ✓ Breakfast cereal - choose fortified breakfast cereals with higher fibre and low or medium sugar content (**less than 15g of sugar per 100g**). Cereals high in sugar and salt are not permitted. Ensure pupils cannot add sugar or honey to cereal options, instead sweeten with fruit or natural yoghurt.

Serve: Porridge, Weetabix, Corn Flakes, Rice Krispies/ Puffed wheat, Shredded Wheat, Plain Shreddies/Malties and Ready Break

- ✓ Fruit and/or Vegetables – must be available every day. Encourage pupils to have fruit with cereal, serve fruit cut ready for pupils to help themselves e.g sliced apple, banana cut in half with skin left on. Dried fruit can be encouraged as part of a meal e.g added to porridge.
- ✓ Eggs - Boiled, Scrambled or Poached
- ✓ Beans – Choose low salt and low sugar baked beans

2. **You also need to commit to undertake 2 of the following 3 actions:**

- **Dilute fruit juice 50/50 with water.**
- **Have at least 2 days free of sugary toast toppings.** Do not serve Jam, Marmalade, and Peanut Butter. **Try options such as; mashed banana, marmite, eggs, cheese, soft cheese, low sugar baked beans, tomatoes, avocados, mushrooms, hummus, tuna, mackerel, ham or tofu.**
- **Offer natural yogurts with fruit to sweeten rather than sugary flavoured yogurts.**