



Illinois State Board of Education

James T. Meeks, Chairman
Dr. Christopher Koch, State Superintendent

Nutrition and Wellness Division Listserv

February 3, 2015

Free Materials for National School Breakfast Week - March 2-6, 2015

Team Nutrition is offering the following FREE materials for your School Breakfast activities! You may wish to request these now as shipping usually takes 2-4 weeks.

Team Nutrition Elementary School Posters

- [Launch Your Day with Breakfast](#) - Yellow Sticker
- [Team Nutrition Middle School Posters](#) (includes You Control You Breakfast poster)

Team Nutrition Popular Events Idea Booklet

- Launch Your Day With Breakfast: [Fuel Up To Help Your Day Take Off](#)
- Start Your Day on the Right Foot: [Walk to Breakfast](#)

Discover *MyPlate*: Nutrition Education for Kindergarten

- Curriculum Nutrition Education for Teachers (Teacher's Guide): Lesson 5: [Starting Our Day With MyPlate](#)
- Look and Cook Recipe Cards - Nutrition Education for Kindergarten (English one side, Spanish reverse): [Fruit-a-licious Breakfast Cup](#)
- Parent Take Home Newsletter: [Be Your Best With Breakfast](#)
- SPANISH - Parent Take Home Newsletter: [Desayuna y da lo mejor de ti](#)

Other Online Resources (not available in print)

Get additional marketing tools with the [Energizing Your Day With School Breakfast Toolkit](#).

Find resources in the [State Sharing Center](#) to help you serve and promote healthy breakfasts that meet school meal regulations.

[Bulletin Board Resources](#):

Build fun eye-catching bulletin boards to promote your School Breakfasts Program with graphics and posters.