

# Food for thought

## A checklist to support a hunger focused breakfast provision

| 1. Location and timing  | 2. Reach  |
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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Where is your breakfast offered (hall, classroom, canteen, entrance, playground...)</li> <li><input type="checkbox"/> Can you use more than one model/ timing/ location?</li> <li><input type="checkbox"/> Is breakfast offered every day, before the start of the school day?</li> <li><input type="checkbox"/> What time will breakfast start and end?</li> <li><input type="checkbox"/> How do latecomers access breakfast?</li> </ul>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Is the breakfast provision open to all children and young people?</li> <li><input type="checkbox"/> Do all parents know breakfast is available to their children? How would they know?</li> <li><input type="checkbox"/> Do pupils know breakfast is available? How would they know?</li> <li><input type="checkbox"/> Is there any barrier to access, especially for disadvantaged children and young people e.g. cost, pre-registration, timings?</li> <li><input type="checkbox"/> Is breakfast delivered stigma free for all pupils and their families?</li> <li><input type="checkbox"/> How do you identify pupils who need breakfast?</li> <li><input type="checkbox"/> Do staff know about the breakfast offer? Can they help encourage take up?</li> </ul> |
| 3. Food   | 4. Logistics  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> What food and drink will you offer?</li> <li><input type="checkbox"/> Do you need advice on school food standards (SFS) for additional products?</li> <li><input type="checkbox"/> Can you make fruit available as part of breakfast?</li> <li><input type="checkbox"/> Have you considered children and young people with special diets and allergens?</li> </ul>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Do you have the support of your catering provider?</li> <li><input type="checkbox"/> What facilities can you access for food?</li> <li><input type="checkbox"/> Do you have the equipment you will need to prepare and distribute food?</li> <li><input type="checkbox"/> Do you have sufficient storage space for equipment and food?</li> <li><input type="checkbox"/> Do you have sufficient fridge and freezer space?</li> </ul>  |
| 5. Staffing   | 6. Promotion  |
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Who will be responsible for ordering food?</li> <li><input type="checkbox"/> Who will prepare, clear away and distribute the food?</li> <li><input type="checkbox"/> Do you need to pay extra staff? Have you considered volunteers?</li> <li><input type="checkbox"/> Can pupils help prepare, self-serve and clear up?</li> <li><input type="checkbox"/> Do you need to consider food hygiene training?</li> <li><input type="checkbox"/> Do you have a breakfast champion on SLT?</li> <li><input type="checkbox"/> Does anyone look at impact of breakfast on children who are targeted and start attending?</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> How is breakfast promoted to parents (newsletters, website, parent app, text, ambassadors, social media)?</li> <li><input type="checkbox"/> How is breakfast promoted to children and young people (assemblies, posters/displays, sample breakfast days, talks from breakfast ambassadors)?</li> <li><input type="checkbox"/> How do you promote the benefits of breakfast?</li> <li><input type="checkbox"/> Have you considered a one-off family breakfast event?</li> <li><input type="checkbox"/> Do you always recommend/ offer breakfast to in year arrivals and to families causing concern or with attendance/ punctuality issues?</li> </ul>   |



| 7. Stigma  | 8. Atmosphere and activities  |
|--|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Can a child or young person access food at school without needing to ask?</li> <li><input type="checkbox"/> Is food available in different areas of the school?</li> <li><input type="checkbox"/> Do you regularly tell students breakfast is for everyone who wants to eat it at school?</li> <li><input type="checkbox"/> Is a pre-registering system the same for paid and free places?</li> <li><input type="checkbox"/> Is the food offer the same for all, regardless of whether they have paid or not?</li> <li><input type="checkbox"/> Are all children or young people made to feel welcome to help themselves to food?</li> <li><input type="checkbox"/> Look at your provision/s through the eyes of a child or young person. How does it make you feel?</li> <li><input type="checkbox"/> Are electronic payments systems in place?</li> <li><input type="checkbox"/> Do you sensitively invite target children and young people to breakfast?</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Is your breakfast offer attractive to children? Do they want to come?</li> <li><input type="checkbox"/> Have you asked pupils what they would like?</li> <li><input type="checkbox"/> What activities are pupils able to access during breakfast time (social? Physical? Educational? Wellbeing?)</li> <li><input type="checkbox"/> Are the activities varied?</li> <li><input type="checkbox"/> Is there an opportunity to add extra value to your breakfast provision?</li> </ul> |

