

Bringing Breakfast Back

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By Rachael Cusick, Serena Rivera, Celin Conception and Nafisatou Cisse

Do you ever wonder what people *really* know or think about nutrition? So do we! As part of the Food Bank's EATWISE internship , we kicked off this school year by designing a survey to find out exactly what our peers know, or want to know, about nutrition. After reviewing student feedback from the 9 EATWISE high schools our team members attend , we noticed that a high number of teens don't know enough about what types of food to eat in the morning. Based on that information, it was clear to everyone in EATWISE that our Spring 2012 school outreach project should be to raise awareness about the benefits of eating a healthful breakfast, with a focus on the importance of portion sizes.

To conquer our goal, we divided into four groups: Social Media, Presentation, Marketing and – our group – Deliverables. Our group's role is to put together nutrition materials that students at our high schools can take home with them. So far, we have developed a *Breakfast in Your Pocket* recipe book and a guide to fruit food map to provide our peers with an easy way to access healthful, quick, and super tasty recipes. Just a few of the exciting things the other groups are working on are writing and delivering morning announcements in our schools, building social networking pages and designing fun, interactive classroom activities like MyPlate relay races.. By the end of March, we will have put the final touches on our project and will get the chance to present it in our schools throughout New York City.

We're really excited to show off all of our hard work and promote our healthful breakfast campaign to other teens – and even teachers. To keep up with our progress, watch out for the blog entries we will be posting every other week!