

Breakfast

The following Web sites offer information on breakfast, including family-size and quantity recipes, links to research, and guidelines for improving school breakfasts. These Web sites include those operated by the federal government, state governments, and nonprofit groups that health professionals consider to be reputable organizations. *Planet Health* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Planet Health*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

American Institute for Cancer Research (AICR)

Recipe Corner: Breakfast

AICR is a nonprofit organization that sponsors research on diet and cancer. Its Web site offers healthy breakfast recipes that feature whole grains, fruits, and vegetables.

www.aicr.org/site/PageServer?pagename=dc_rc_breakfast

New Hampshire Department of Education and Department of Health and Human Services

5 A Day Quantity Recipe Cookbook

This cookbook offers quantity and family-size recipes featuring fruits and vegetables, including breakfast recipes; the quantity recipes use USDA commodity foods and are kid tested.

www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf

Project Bread

Better Breakfast Initiative

Created by Project Bread and the Department of Nutrition at the Harvard School of Public Health, the Better Breakfast Initiative seeks to improve the nutritional content of school breakfasts. The Web site includes the Better Breakfast guidelines, information on breakfast and learning, and a Breakfast Toolkit for increasing school breakfast participation.

www.projectbread.org/site/PageServer?pagename=end_betterbreakfast

School Nutrition Association

The School Nutrition Association Web site offers a recipe database for both quantity and family-size recipes, and includes breakfast foods.

http://docs.schoolnutrition.org/recipes/advanced_search.asp

Team Nutrition, USDA Food and Nutrition Information Center

Healthy School Meals Resource System (HSMRS) Recipe Finder

This recipe database for quantity meals contains recipes for breakfast foods; it can be searched by specific ingredients or by type of cuisine.

<http://grande.nal.usda.gov/fsrio/hsm/index.php>

United States Department of Agriculture, Food and Nutrition Service

Eating Breakfast: Effects of the School Breakfast Program

This study examines the effect of the School Breakfast Program on low-income students' likelihood of eating breakfast.

www.fns.usda.gov/oane/MENU/Published/CNP/FILES/BR-REP.PDF