



## Breakfast Buddies at Sterling Elementary School

Research has shown that eating a healthy breakfast makes a positive impact on students' ability to focus and learn at school. To emphasize this important fact, MMPA Dairy Communicators Leona Daniels and Julie Schwab, of Standish, worked in cooperation with Sterling Elementary School to host the first ever Breakfast Buddy event.

"Letters went home to all parents of the school inviting them to share a school breakfast with their child," Leona explains of the program that emphasized on the importance of eating a balanced breakfast that includes dairy every day. "The menu consisted of fresh fruit parfaits made with yogurt, fruit and granola, cheddar and ham muffins (*see recipe at right*) and milk in plastic bottles."

Of the 293 students ranging in age from 4-12, nearly half had a "Breakfast Buddy" (a parent, grandparent, aunt, uncle, etc.) attend one of the two days the morning event was held. All students participated in the breakfast program regardless of whether they had a breakfast buddy. All students received a goody bag with various dairy related items and all participants were entered in a drawing for several 'got milk?' themed items.

To remind parents and students of the importance of a nutritious breakfast, Julie and Leona had easy and nutritious breakfast recipes on hand to send home with participants. They also signed-up more 3-a-day dairy moms and highlighted the school's breakfast program using milk in plastic bottles instead of cardboard containers.

"This was one of those things that wasn't a long involved ordeal, but had real impact," Leona says. "It amazed us how happy the parents were to just have breakfast with their kids."

The school's food service program, MMPA's Sunrise Local and UDIM sponsored the event.

### Producers scoring 95 percent or more on Grade A Surveys and Federal Check Ratings

#### MMPA M & G BTU

June 2009

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 Bob, Jeffrey, Daniel & Andrew Parr  
 Mark Draher  
 McCarty Farms

\* Scored 100 percent

### Cheddar N Ham Muffins

#### Ingredients:

3/4 cup lowfat sharp Cheddar cheese  
 1/4 cup fresh grated Parmesan cheese  
 1 3/4 cup reduced fat all-purpose baking mix  
 1 cup 1 percent low-fat milk  
 1/2 tsp black pepper  
 1/4 cup lowfat ham, finely chopped

Mix cheeses, milk and baking mix together; add pepper and ham. Mix well and spoon into lined muffin pans 1/2 full. Bake in preheated 400 degree oven 12-15 minutes or until golden brown. Makes 9 servings. *Prep Time: 5 min. Cook Time: 15 min.*