

Breakfast Web Sites

The following Web sites offer information on breakfast, including family- and quantity-size recipes, links to relevant research, and guidelines for improving school breakfasts. These Web sites are operated by the federal government, by state governments, and by nonprofit groups that health professionals consider to be reputable organizations. *Eat Well & Keep Moving* 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 *Eat Well & Keep Moving*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

The following Web site links will not work with all browsers. If the Web site links do not work with your browser, go to www.eatwellandkeepmoving.org for a complete listing of these Web sites, or simply type the Web site URL directly into your browser.

American Institute for Cancer Research (AICR)

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, including breakfast recipes, featuring fruits and vegetables; 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 Initiative 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

SNA Recipe Database

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

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

U.S. Department of Agriculture, Food and Nutrition Service

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>

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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U.S. 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 the likelihood of low-income students eating breakfast.

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

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).