

Delegate Pledges

A brief summary of the main themes that came out of the delegate pledges.

As a result of attending this conference I pledge to:

Promote

"Promote the importance of breakfast clubs within my organisation and produce more guidance for our website (School Food Trust)"

"Give our breakfast club a higher profile in the rest of school; it is taken for granted by many staff"

Sustain

"Our LA has a high % of schools delivering breakfast club – I suppose the important thing now is to keep them going and ensure quality of provision"

"Try and find funding and support to help sustain the breakfast club I work at and to expand the range of activities available to pupils"

Implement

"Introduce breakfast club to KS3&4"

"Work towards the establishment of a breakfast club programme with key partners and to implement the learning from today's event"

Encourage Healthy Food

"Encouraging children/young people I work with to eat a healthy breakfast"

"Ensure all food for the schools are signposted to good practice regarding breakfast clubs"

Change Eating Habits

“Eat a more nutritionally balanced breakfast on a regular basis”

“As an individual who rarely eats breakfast, I pledge to do so every day in the future to hopefully improve my concentration”

Collaborate

“Work with partners/stakeholders to develop breakfast clubs in Ireland”

“Encourage schools/parents/breakfast clubs to develop further cooperation e.g. buying group (buying wholesale fruit and veg), food cooperative, growing group or community orchard”

Research

“Develop more evidence on the benefits of breakfast programs on children’s cognitive, behavioural and scholastic performance”

“Continue to increase the evidence base for positive outcomes of breakfast with body weight/ mental performance”