



Emergency Menu Planning for your School Breakfast Program

It is important to keep your breakfast program well-stocked especially during the winter months. Bad weather can impede timely food deliveries or one's ability to shop for groceries. As well, program coordinators may have to miss days of work due to colds and flu. By following these simple steps, you can avoid any disruption to your breakfast program.

- 1. Always have a team in place to avoid uninterrupted delivery of your breakfast program.**
- 2. Ensure that you have a reserve of food to last one week. You may wish to include these “long-lasting” healthy staples:**

Pantry - Cereal, canned fruit, applesauce, crackers, pancake mix, muffin mix, dried fruit, jam, peanut butter (soy butter), granola bars

Fridge - Cheese, yogurt, margarine, apples, oranges, clementines

Freezer - Frozen fruit, bagels, bread, muffins

- ▶ supplies (napkins, cutlery, plates, etc)

3. Develop a 5-Day Emergency Menu. Share the menu with all team members and post it in an easily accessible area (e.g. inside a cupboard door, on the fridge, etc.).

See sample menu below:

Day 1

Use up refrigerated food first! Fresh fruit, vegetables, dairy products, cooked eggs, etc.

Day 2

Applesauce + baggies of cereal (*make bags of cereal in advance*)

Day 3

Apple + cheese sticks (strings) + crackers

Day 4

Canned fruit + yogurt + granola bar

Day 5

Orange + muffin (or toast & jam)

Note: While the above items have lengthy expiration dates, don't forget to check them periodically.