

Breakfast Guidance for Holiday Clubs

Weekly shopping list for 30 children – no access to cooking facilities/fridge

Day	Monday	Tuesday	Wednesday	Thursday	Friday
What to buy	Cereal 6 pints milk 2 boxes cereal (e.g. 1x Weetabix, 1x Shreddies) 30 apples 30 bananas (allow time to ripen) 1 pack gluten-free cereal 1 carton oat milk	Porridge / Yoghurt 6 pints milk Individual porridge pots 2 x 500g Natural Greek/plain yoghurt 15 bananas 30 satsumas Variety of berries + <i>leftover cereal and fruit</i>	Bagels 4 pints milk 15 bagels 1 tub better 1 jar low sugar jam 2x 500g packs raisins	Cereal + bagels 6 pints milk 2 boxes cereal (different e.g. Bran flakes, Rice Krispies) + <i>leftovers (may need additional spreads if bagels leftover)</i>	Yoghurt/ Porridge/ Leftovers 4 pints milk Individual porridge pots 1 x 500g Natural/Greek yoghurt <i>*assess leftovers*</i> <i>Might need more cereal or fruit depending on what is leftover</i>

Guidance on cereal

Yes	To be avoided
Choose cereals that contain wholegrains, are fortified, and are lower in sugar, fat and salt. <ul style="list-style-type: none"> Wheat biscuits/Weetabix Rice Puffs/Crackles/Krispies Cornflakes Bran flakes Shreddies, Mighty Malties Special Flakes, Special K Shredded Wheat No added sugar muesli Oatibix 	Avoid overly sugared cereals including: Crunchy Nut, Honey Nut, Coco Pops, Frosties, Cookie Crisp, Krave, Nesquik, granola and other cereals with sugar or chocolate coatings or fillings. Avoid cereal bars, brunch bars, Rice Krispies squares, pop tarts as they are high in sugar.

Allow children to have some control over what they eat and enjoy the mealtime

- Children could have dry cereal with 125ml of milk in a cup if they prefer (milk doesn't have to be on cereal).
- Cereal or low sugar muesli could be served with yoghurt.
- Allow children have a few different cereals in their bowl and make it fun e.g. calling it a "jumble mix" e.g. a Weetabix topped with another cereal they enjoy.
- Fruit can be added to cereal or eaten separately.

If no cutlery/crockery/kitchen facilities are available

- Some breakfast items can be made in advance and handed out e.g. [Mini frittatas](#) or [breakfast cookies](#)
- Fruits are a good option for no cutlery breakfasts
- Pastries are an alternative eg croissants but note this is only acceptable 1 x week per child
- Individual porridge pots made with hot water
- Yoghurt drinks (ensure low-sugar options and look for high protein options)
- Provide napkins instead of plates

Weekly shopping list for 30 children – access to toaster, hot water, fridge, microwave or hob

Day	Monday	Tuesday	Wednesday	Thursday	Friday
What to buy	Cereal 6 pints milk 2 boxes cereal (e.g. 1x Weetabix, 1x Cornflakes) 30 apples 30 bananas (allowing time to ripen) 1 pack gluten-free cereal 1 carton oat milk	Toast + beans 4 pints milk 3 loaves bread 1 tub butter 10x400g tins baked beans 15 bananas + <i>leftover apples and cereal</i>	Porridge 6 pints milk 2 1kg boxes rolled oats 2 x 500g packs raisins 1 x honey (drizzle on top) + <i>leftover fruit</i>	Bagels + jam <i>*assess milk leftovers</i> 4 pints milk 15 bagels 1 tub butter (dairy-free if allergies) 1 jar low sugar jam 2 tubs cream cheese (assess allergies) 30 satsumas + <i>cereal and fruit leftovers</i>	Yoghurt & Fruit / Leftovers 4 pints milk 2 x 500g natural/Greek yoghurt *assess leftovers* <i>Might need more cereal or fruit depending on what is leftover. If leftover beans, or cream cheese, could do toast.</i>

Guidance on toast toppings

Yes	To be avoided
Low salt low sugar peanut butter (assess allergies) Low sugar jam (1 portion = 1tsp) Cream cheese Boiled egg Hummus	Overly sugary spreads e.g. Nutella/chocolate spread, sugary jam, biscoff spreads

Other options if have access to cooking facilities:

- Other sources of protein with toast e.g. Boiled eggs (1 egg per child), lean bacon (assess dietary requirements)
- Instant oats, instant porridge, Ready Brek (requires hot water)
- Crumpets and cheese
- Fun foods to make in advance e.g. [mini frittatas](#) or [breakfast cookies](#) (check allergies!)

Top Tips:

- Keep an eye on leftovers. If there's food wasted on children's plates consider whether the portion sizes were correct, or if children were unfamiliar with the food so didn't eat it. If food is unused, reduce how much you purchase the next week.
- Take note of what children prefer to eat and purchase accordingly for the next week.
- Try and keep it varied even if just with different types of cereal.
- Try and ensure fruit is ripe. If it isn't ripe, save it for the next day so children are mostly exposed to ripe fruit. Have a backup like raisins (or other dried fruit) – serve small portions of dried fruit as it is high in sugar.
- Portion sizes vary with age – if younger children, you might need less than in these shopping lists; if you have mostly older children you may need more. Get familiar with portion sizes for different ages [here](#).