

Breakfast

As you begin to work on increasing healthful eating as an outcome in your congregation, of course you look toward a goal of changes in environment and policy. Changes in the food environment at your church will model the healthful eating behaviors that you endorse, introduce congregants and community members to new foods or new ways to cook that make their diets more healthful, and support the behavior changes that many of your members are working on. Just as importantly, healthful food environments send a clear message to members and visitors that your congregation believes that the body is a temple of God and that a part of care for that body is healthful eating.

In reality, not everyone is aware of easy changes that can be made in their diets. Others do not have the skill levels to prepare healthful meals. This is why, in addition to the environmental and policy changes that support healthful eating, your congregation will probably also need to work on developing the knowledge and skills of members and community members. Keep in mind that this level of program is in addition to the environmental and policy changes, not a substitute for them!

This set of four classes is all about breakfast. We have produced one set of slides that gives an overview of each class (Shy Breakfast & Eggs, Pancakes and Waffles, Fruit, Yogurt & Cereals, and Putting It All Together). There is a Trainer's Guide for each class. Use the Trainer's Guide to walk your group through slide presentations. The basic background information is the same on each trainer's guide in this class set, but there are some differences when the specific topics are addressed. There are several recipes offered in each class session. These resources are designed so that you can choose one class in the series to discuss breakfast and provide some practice and tasting of healthful options, or you can choose to teach all four sessions, repeating the core information as you see fit.

Most importantly, have fun! Diet should not be a dirty word. Nutrition should be about tasting and enjoying the preparation and eating of healthful foods with family and friends. JJ