



KickStart Breakfast

Giving kids a healthy start to their day



March 2011 e-Newsletter

www.kickstartbreakfast.co.nz

Kia Ora and welcome to our first KickStart Breakfast e-Newsletter in 2011.

With the school term well and truly underway we hope to inspire you with a tasty recipe and remind your children why breakfast is important. We love your feedback and comments and are delighted to know that 97% of those that completed the survey are satisfied or very satisfied with the KickStart Breakfast programme.

We would like to remind you to update your online profile for Term 2 if you haven't done so already.

Our thoughts and prayers go out to all of our KickStart Breakfast club members and their families that have been affected by the Christchurch earthquake. Canterbury schools have been contacted directly with the offer of additional KickStart Breakfast support through product. These schools can email us at kickstart.breakfast@fonterra.com to discuss their requirements.

All the best,

Your KickStart Breakfast Team

Earthquake support



Our thoughts and prayers are with our KickStart Breakfast club members and all those who have been personally affected by the Christchurch earthquake tragedy. Both Fonterra and Sanitarium continue to work with the Civil Defence and other charitable organisations to ensure we are providing the... [click here to read the whole article.](#)

KickStart Breakfast Survey



Thanks to those schools that completed the short online survey at the end of last year. Your participation in these surveys allows us to tailor our communications to best suit your needs. We enjoy your feedback and are delighted to know that 97% of those surveyed are extremely h... [click here to read the whole article.](#)

The importance of breakfast



We all know that a nutritious breakfast gives us a kick-start to our day. This is especially true for our children who eat breakfast on a regular basis. Because children are so active throughout the day and also grow so quickly, they need to eat foods that are good sources of carbohydrates,... [click here to read the whole article.](#)

Recipe: Weet-Bix Cookies



Makes 22 Ingredients 4 Sanitarium Weet-Bix, crushed 2/3 cup rolled oats 3/4 cup wholemeal plain flour 100g brown sugar 1/3 cup dark choc bits 2/3 cup dried apricots, diced 3 tablespoons reduced fa... [click here to read the whole article.](#)

Beatrice's new role



As you may already be aware, Beatrice Faumuina has taken the opportunity to become Chief Executive Officer for BEST Pasifika Leadership Academy and Foundation. The foundation's vision is to; educate and foster future Pasifika leaders of business and community life for Aotearoa. Unfort... [click here to read the whole article.](#)