



November 2011 e-Newsletter

www.kickstartbreakfast.co.nz

Welcome everyone to one of the most exciting e-Newsletters of the year. We have some great Everyday Heroes stories to share with you which have been published in the Women's Weekly and New Idea magazines with more stories to come soon.

In this issue we have also included some of the results from our recent KickStart Breakfast survey which 46% of you completed!

The latest KickStart Breakfast Club statistics and the history of Milk and Weet-Bix are also a great read and with summer on its way our delicious Anchor Mega Milk-shake recipe is something for everyone to enjoy.

We wish you all the best for the remainder of this term and hope to hear from you at kickstart.breakfast@fonterra.com should you have any questions or would like to provide feedback.

Your KickStart Breakfast Team

Recognising our Everyday Heroes



If you are one of our wonderful Breakfast Club Co-ordinators you should have received your copy of the New Zealand Women's weekly. This is just a small appreciation of all the hard work you do for the children of your cubs. You are there every morning and the children think you are... [click here to read the whole article.](#)

KickStart Breakfast Survey



We would like to say a big thank you to all the schools that took the time to complete our KickStart Breakfast Club questionnaire back in September / October. Your involvement is essential to develop the KickStart Breakfast programme further, set long term goals and ensure that we are operating a ... [click here to read the whole article.](#)

KickStart Breakfast Facts (as of 18 Nov 2011)



In Term 4 - 2011, 511 schools officially run KickStart Breakfast clubs around the country with over 20,000 children involved. Together we have provided over 1 million breakfast bowls to children this year alone. Since the inception of the KickStart Breakfast programme (2009) we ha... [click here to read the whole article.](#)

The history of Milk and Weet-Bix



For over 100 years New Zealander's have been enjoying the health benefits associated with drinking milk and eating wholegrains as their first meal of the day - a winning combination which is still benefiting kiwis today. At the turn of the century Sanitarium's original wheat... [click here to read the whole article.](#)

Anchor Mega Milk-shake!



For children to learn how to eat healthy, breakfast club is a great way to get ideas so they can enjoy healthy and tasty breakfasts at home. Weet-Bix and Anchor Mega Milk provide lasting energy to take on the day, but there are also other healthy yummy breakfasts that children can enjoy especial... [click here to read the whole article.](#)