



KickStart Breakfast

Giving kids a healthy start to their day



November 2010 e-Newsletter

www.kickstartbreakfast.co.nz

Welcome to the new look KickStart Breakfast e-Newsletter. Same great hints and tips, a recipe idea and stories shared from other clubs just presented in a different way. The stories are easy to print individually or you can print the whole page with just the news snippets. We hope you like the new look website and e-Newsletter and we'd love to hear your feedback with any suggestions you might have. If you have not done so already – log in and update your profile today.

Enjoy the read

Your KickStart Breakfast Team

KickStart Champion Breakfasts



Our KickStart Breakfast Ambassador Beatrice Faumuina has been travelling around the country to acknowledge the outstanding efforts of KickStart Breakfast Club Champions. We asked you to tell us who your champions were and the stories we received were very special, all of whom are champions in... [click here to read the whole article.](#)

Weet-Bix Tryathlon



Ever thought of getting your students involved in the Weet-Bix Tryathlon? Well, with the help of the Weet-Bix Tryathlon Foundation we can help you get your students to the start line by subsidising entry fees or by helping provide necessary equipment. Set up in 2007 by Sanitarium staff, the... [click here to read the whole article.](#)

KickStart Breakfast Website Makeover



Have you had a look at your new online school profile yet? No? Well, here are a number of good reasons why you should! Breakfast Club Info – Tell us who your Breakfast Club Co-ordinator is and how many students attend your breakfast club. Supply & Delivery Details – You ca... [click here to read the whole article.](#)

Dairy protein for kids



Protein is essential for growth, so it is a very important nutrient for growing children. Protein can be found in most foods, but the best sources are meat, poultry, fish, eggs, dairy products, pulses (like lentils and dried beans), nuts and seeds. Protein from the diet is broken down during dige... [click here to read the whole article.](#)

Sharing your story with the community



Sharing your KickStart Breakfast story with the local community is a great way to pay homage to the children that are excelling and the dedicated people that run your club. Plus it helps to raise the profile of the school and the local paper love these kinds of stories. We've pu... [click here to read the whole article.](#)

Weet-Bix Slice Recipe



Make your own delicious Weet-Bix Slices with this easy recipe. Makes 20 Ingredients 150 grams of Anchor Butter 4 crushed Weet-Bix ½ cup sugar 1 cup flour 1 tablespoon cocoa 1 teaspoon baking powder 1 drop vanilla Optional: up to &frac... [click here to read the whole article.](#)