# SCNP Memo #2024-2025-12

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**COMMONWEALTH of VIRGINIA   
Department of Education**

DATE: August 15, 2024

TO: Directors, Supervisors, and Contact Persons Addressed

FROM: Sandra C. Curwood, PhD, RDN, ***Sandy***

## SUBJECT: Virginia Breakfast Club Invitation

The purpose of this memorandum is to invite schools and community sponsors to join the Virginia Breakfast Club. The Breakfast Club is a collaborative network of nutrition professionals and food access advocates from non-profits, government agencies, and school divisions dedicated to enhancing school breakfast programs. Please see Attachment A for more background on the Breakfast Club.

This year, we are excited to focus on several key best practices to improve breakfast offerings in Virginia schools.

1. **Increasing Protein Options**: Explore actionable strategies to incorporate more protein-rich foods into breakfast menus.
2. **Lowering Sugar and Sodium Content**: Develop concrete plans to reduce sugar and sodium levels in breakfast items.
3. **Incorporating Local Foods**: Collaborate on methods to integrate locally sourced foods into breakfast offerings.
4. **Scratch Made Recipes**: Assess the feasibility of and benefits of using scratch-made recipes versus pre-packaged options.
5. **Removing Barriers to Breakfast Access**: Identify and address obstacles to ensure all students have access to a nutritious breakfast.

This year, the Breakfast Club will not only discuss but actively develop and produce valuable resources and tools for school divisions. Member involvement will be crucial for the successful development of these tools. The next Breakfast Club meeting will be held on **Wednesday, August 28, 2024, from 2:00–3:00 p.m**. via Zoom. Please [register in advance](https://doe-virginia-gov.zoom.us/meeting/register/tZYtc-ysrDgjGtQPkRb7xej8nYNoLcI0r5Ze) to attend the meeting. Details for joining the meeting will be provided upon registration.

### For more Information

If you are interested in joining the Breakfast Club or would like more information, please email Katy Harbin, VDOE-SCNP Nutrition and Wellness Specialist at [Katy.Harbin@doe.virginia.gov](mailto:Katy.Harbin@doe.virginia.gov).

SCC/kh

### Attachments

1. The Virginia Breakfast Club