



Variety School Breakfast Club



Toolkit



Welcome

Overview of slides

- The Variety School Breakfast Club journey to date
- Timeline
- Conditions of joining the program
- Program benefits
- Tips for setting up your Breakfast Club
- Ordering and delivery
- Promotion, evaluation and resources



Who is Variety and what do we do?

Variety – the Children’s Charity Tasmania supports kids and families who are facing many challenges through sickness, disadvantage or living with disability.

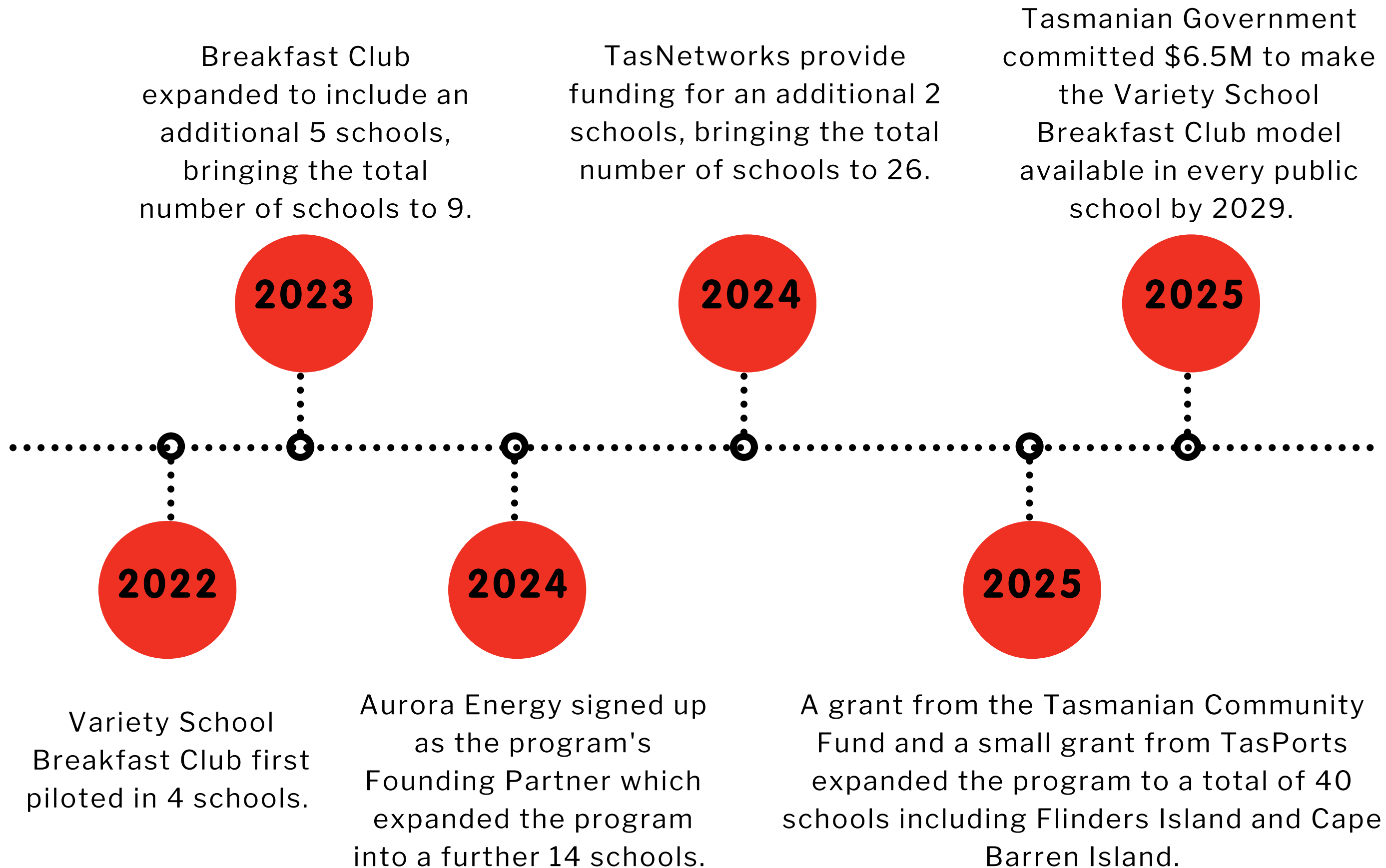
Our work allows kids to gain mobility, to get out and about in the community, to communicate, achieve independence and increase their self-esteem. We make sure the kids who miss out, can always join in. Simply put, we believe every child deserves every opportunity to realise their potential.

The Variety School Breakfast Club was first piloted in 2022 in four schools. With the support of our community and corporate partners, we were able to steadily expand to 40 schools in 2025. A special mention of the program's Founding Partner, Aurora Energy.

By mid 2025, our vision of a universal school breakfast program was realised thanks to the Tasmanian Government for committing to roll out the Variety school breakfast club model to every public school by 2029.

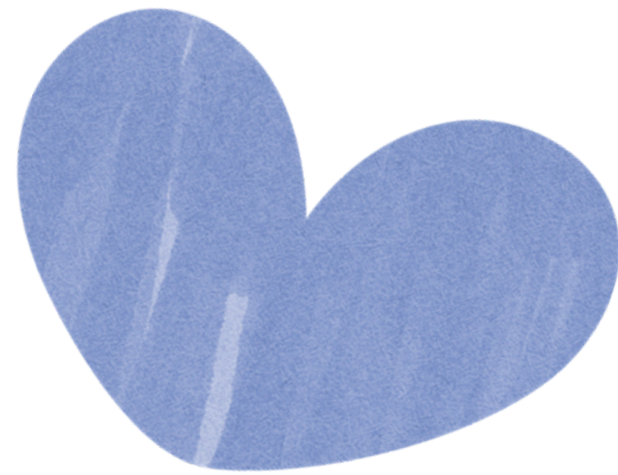


Variety School Breakfast Club timeline



Conditions of joining the program

- Your Variety School Breakfast Club must be open on every school day for all students to eliminate the stigma of partaking.
- Students cannot be charged for attending the Variety School Breakfast Club and all breakfast items must not be used for any other purpose than serving breakfast to your students.
- The school must invoice Variety at the beginning of each term.
- The school must complete an acquittal report at the end of each term. The invoice will not be paid until receipt of the acquittal report from the previous term.
- Funding can only be used to purchase food or drink items.
- Funding should not be used to purchase equipment.



Program benefits

We all know the best possible start to the day involves a nutritious breakfast - starting the day with a full tummy improves problem solving, memory, concentration, and anecdotally, the teachers find the kids are calm and ready to learn.

A hungry student can easily disengage from school, and countless Tassie kids start their day hungry, either because their household can't afford breakfast, they've had to rush out the door, or have simply eaten so early due to long travel times to school.

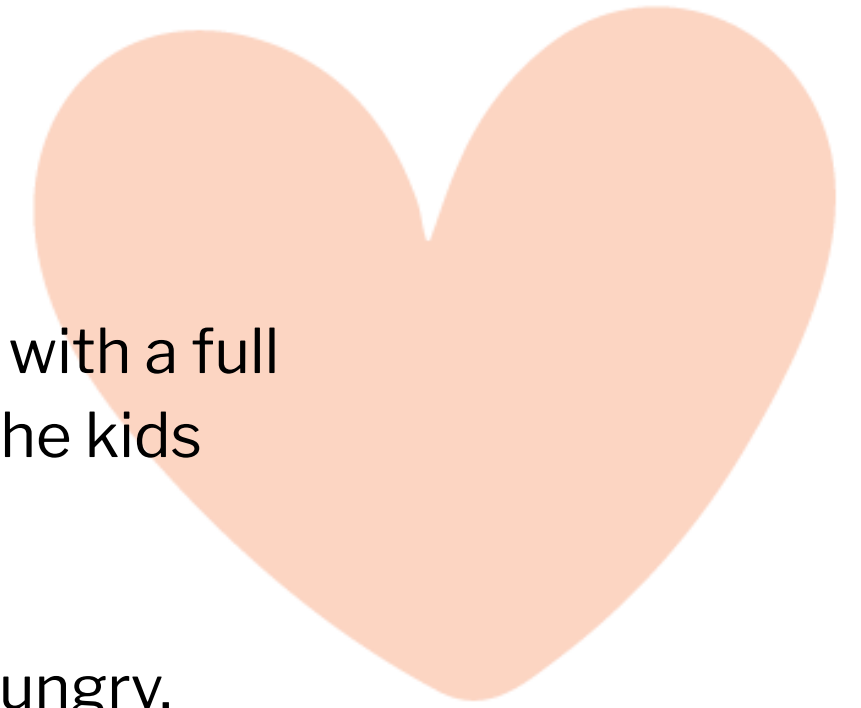
Variety School Breakfast Club enables schools to deliver a nutritious breakfast five days a week, to all students at their school - to eliminate the stigma of partaking.

We also encourage schools, especially primary schools, to invite parents in for a cup of tea and a chat too. This help foster a sense of community.

“

It's been so heartening to see happy, smiling students each morning, enjoying a nutritious meal and connecting with others to start their day. The positive impact has been clear—our wellbeing data from Term 1 showed that 63% of students were eating breakfast regularly - Flinders Island Breakfast Club

”

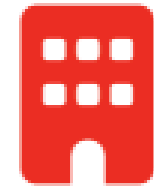


The numbers



1

A hungry student can easily disengage from learning - this can equate to a loss of 1.5 - 2 hours a day - That's almost a full term of school.



77

The number of schools that are funded in 2026.



21%

Decrease in negative behaviours since the Variety School Breakfast Club was implemented in one of our partner schools.



18,872

The number of students who can access breakfast every single school day thanks to the Variety School Breakfast Club.

The Variety School Breakfast Club can also has many social benefits by encouraging parents to stop in for a cuppa and giving students the opportunity to engage with their peers and teachers in a relaxed environment.



I genuinely look forward to this time each day, as the interactions with students are invaluable. I particularly appreciate when they initiate conversations with me as it fosters a sense of connection. - Hellyer College



Tips for setting up your Variety School Breakfast Club

- Reach out to your broader school community to source volunteers. Consider the school's Parents & Friends Association, clubs like Rotary, engaging school leaders, and parents, grandparents, and carers.
- Reach out to your local supermarket, grocer, and bakery and enquire about purchasing surplus stock at a reduced rate, or in-kind donations.
- Consider food selection based on preparation requirements and storage spaces.
- Consider the best location to run the breakfast club.
- Run it at a time that works for your students and staff and volunteers.
- Nominate a Breakfast Club Coordinator/champion to do the ordering, stock take and setup etc.



Involve your students

The Variety School Breakfast Club is a great way to teach life and leadership skills to students by getting them involved.

Some ideas include:

- Encourage students to help at the Breakfast Club. You will be amazed how willing and capable some of your students are. It is also a skill they will use for a lifetime.
- Embed the program into the curriculum – students can be responsible for meal prep, cleaning, planning, and reordering.
- Create roles for students to get them engaged, such as ‘Fruit Monitors’, ‘the Clean Team’, ‘Procurement Pros’, to mention just a few fun roles.
- Invite students to put together Breakfast Club playlists or share recipes.

Opportunities for student engagement, involvement, and advocacy are endless!



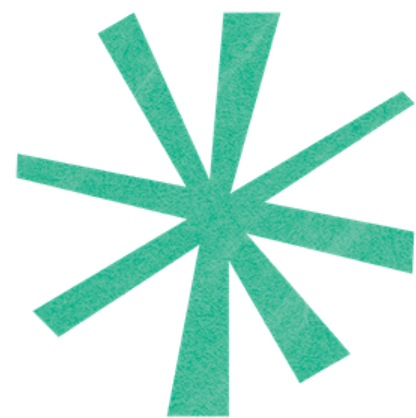
...we have noticed an increase in student participation in the program and some mornings we have the toast piling up and a que for hot drinks!



Breakfast Items available

- Milk
- Cornflakes
- Special K
- Sultana Bran
- Nutri Grain
- Vita Brits
- Weet-Bix
- Muesli Bars
- Vegemite
- Jam
- Fruit Salad 4 pack
- Canned Baked Beans
- Canned Spaghetti
- Nutrigrain Bars
- Milo
- Pancake Mix

Please note, this list is not exhaustive, and is subject to change. Foodbank will extend their choice of food items as the program expands.



Supplementing the program



We understand your school is unique in its setting, location, resources, and the community in which you exist.

That's why the Variety School Breakfast Club funding model is designed to give your school the flexibility you need to cater for the way you want the program delivered in your school.

We encourage your school to work with your families, local community associations, and businesses to source products and help you when you need it.

We are here to help. Please do reach out to us at anytime



Monitoring the program



We want to make sure this program and model is working for you and continues to deliver what you expect it to.

2026 will be a big year for the program as we expand from a Variety funded model in 40 schools to the State Government funded model in 77 schools, and expanding to 140 school in 2027, and to every school in 2028.

We kindly ask that you comply with the acquittal reporting timelines and requirements so we can implement any improvements in a timely manner.

Support



For any questions or enquiries please reach out to us on info@varietytas.org.au

If you would like to contact someone within DECYP regarding the program, please email reformteam@decyp.tas.gov.au

