



# **THE BFBS BIG SALUTE**

## *Big Breakfast*

To help you plan a BFBS Big Salute Big Breakfast here are some ideas, plus a printable poster and bunting to brighten up your kitchen, canteen or cookhouse.

### *Time it right...*

Host an event before the school or working day starts by asking everyone to skip breakfast at home and come in 30 mins early, then donate to take part.

Too rushed in the morning? Arrange a working breakfast during a business meeting, event or as part of the school day, or opt for an all-day breakfast by inviting friends for lunch or supper and cook a 'full English'.

### *Get Competitive...*

Encourage healthy competition by holding a Big Breakfast 'Cook Off' and invite people to be chefs and judges in return for a donation.

No venue for an event? Hold a virtual cook off and ask people to send you photos of their dishes in categories such as 'most attractive plate' and 'most unusual breakfast combinations'.

### *Eggcellent ideas...*

Theme your Big Breakfast around food served in another country e.g. Spanish omelettes, French croissants and hot chocolate or Canadian pancakes with maple syrup.

No cooking facilities? Opt for a 'pot luck' continental-style breakfast and encourage everyone to bring in fruit, yoghurts, pastries, cakes, cold meats and cheeses, then share them out.

### *Creative ideas for children...*

Make your Big Breakfast even more fun for children by asking them to draw or paint pictures of their favourite or 'fantasy' breakfast.

Add an educational element and ask kids to design a military ration pack breakfast that could be eaten in remote locations...insects may even be on the menu!

[www.forces.net/bigsalute](http://www.forces.net/bigsalute)



**THE BFBS  
BIG SALUTE**

*Big Breakfast*

*Date:*

*Time:*

*Location:*



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**Cooking up cash for armed forces charities**

# Bunting

1. Cut out bunting triangles.
2. Use hole punch to create two holes on each triangle.
3. Hang together with string.

