

Breakfast



Achievement!



...Breakfast helps students do their best!



Big benefits

Alternative breakfast programs:

- Offer time-deprived parents a solution.
- Provide students with a social setting for eating with friends.
- Accommodate bus schedules.
- Make breakfast convenient and accessible to all as part of the school day.

Research confirms that breakfast eaters:

- Have higher test scores, work faster, make fewer errors and are more creative.
- Are less likely to be sent to the principal or visit the school nurse.
- Are more cooperative and get along with classmates.
- Are healthier and have improved attendance.
- Are more able to concentrate on learning.

Breakfast in the Classroom

Many schools that have Breakfast in the Classroom deliver pre-packaged food items to the class before the bell rings. Students eat at their desks in 10-12 minutes during attendance and announcements or while teachers read aloud.

Grab 'n' Go Breakfast

Serving carts located in easily accessible locations such as the cafeteria or near the school entrance provide a quick and nutritious meal. With disposable packaging and strategically-placed trash cans, Grab 'n' Go breakfasts are an appealing way to reach hungry kids.

Breakfast After 1st Period

Served in the cafeteria or from carts or tables at a central location in the school, Breakfast After 1st Period is ideal for secondary students.

Listen!

Comments about Breakfast:

"We struggled for some time on how to ensure our students were prepared for the rigors of the classroom each day. Breakfast in the classroom opened the doors for us to provide nutrition to our students. It's quick, it's easy and it's healthy for kids. The proof is in the results, a Top Ten School!"

— Brian Shindorf
Director of Elementary Education
St. Joseph School District

"We were able to track better attendance, decreased tardiness and higher standardized test scores in a site where we implemented breakfast in the classroom!"

— Leah Schmidt, SNS
Director of Nutrition Services (former)
Hickman Mills C-1 Schools



Breakfast...A Wellness Policy Solution

Students

need breakfast every day, not just during standardized test weeks

INCREASES attentiveness and achievement

IMPROVES children's ability to learn

REDUCES behavioral problems

IMPROVES children's diets

HELPS reduce obesity



Ready . set . . .

Talk to other districts that have successful programs.

Gain commitment from administrators, food service staff, teachers and parents.

- Current teacher participants report the benefits of having children settled and ready to learn, far outweigh the additional effort.

Conduct a pilot test to generate support and first-hand proof.

Plan for trash.

- Deliver a trash bag with the breakfast. Arrange for quick hallway collection by custodial staff.

go!

Focus on the benefits rather than the obstacles.

- Think about what's best for students.

Anticipate some resistance to change.

Witness fewer nurse visits for headaches and stomachaches.

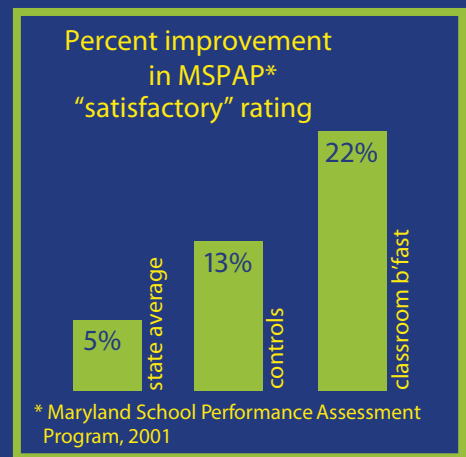
Improving Breakfast Participation in Middle and High Schools

As reported by the *School Nutrition Association, Growing School Breakfast Participation*, schools can consider new ways to deliver breakfast to middle and high school students to help maximize participation, achieve higher attendance rates, boost student achievement, and reduce absenteeism and visits to the school nurse.

- **A Grab 'n Go option** served in the cafeteria with a variety of foods that students like offers speediness; a good option for smaller-sized districts.
- **Hallway breakfasts** in a Grab 'n Go style also provide speedy service. Finding the right location for the kiosks is key.
- **Breakfast in the classroom** needs teacher acceptance and buy-in. Most common in middle schools.
- **Breakfast vending** is an up-and-coming venue that resonates with high school students.

Breakfast Programs Boost Brain Power

Maryland Meals for Achievement breakfast program offers classroom breakfast to all students. The program found tardiness declined 8 percent, suspensions decreased 1.6 days per month, standardized test scores increased 17 percent over the state average and behavior improved.



<http://www.mdhungersolutions.org/-school-meals/school-breakfast-program/>

Resources

- **Discover School Breakfast Tool Kit, USDA:**
<https://www.fns.usda.gov/sbp/discover-school-breakfast-resource-materials>
- **Expanding School Breakfast Participation, Food Research and Action Center:**
<http://www.frac.org/programs/school-breakfast-program/school-breakfast-expansion-strategies>
- **School Breakfast Program Resources, Growing School Breakfast Participation, School Nutrition Association:**
<https://schoolnutrition.org/uploadedFiles/GrowingSchoolBreakfastParticipation.pdf>

health.mo.gov/teamnutrition
healthykidsmo.org

