

Welcome!

We'll get started soon. While we wait for other attendees to join, please answer this question in the chat box:

Where are you joining from and what is your role there?



Starting a Breakfast After the Bell Program: How to Get Started to Prepare for Success

September 19, 2023

3:00-4:00pm EDT



Housekeeping

- If you encounter any technical difficulties, please use the chat box to get help.
- A recording of this webinar will be emailed to you along with the slide deck.
- If you have questions for the speakers, please enter those into the Q&A box throughout the webinar.



Agenda

Welcome & Breakfast After the Bell Overview

Speaker Presentations

Panel Discussion

Q & A



Upcoming Webinars & Events:

Tuesday September 26, 1pm EDT

[Rise and Shine: Breakfast After the Bell and the Power of Stakeholder Support](#)

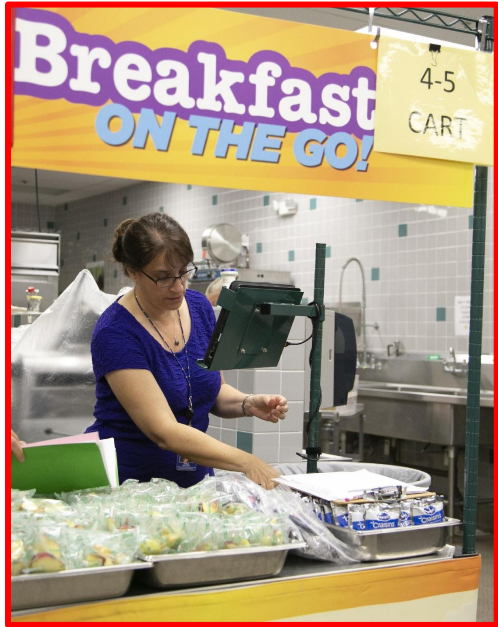
Stakeholder buy-in and support are critical in a successful Breakfast After the Bell (BAB) program. This webinar will share examples and best practices on how to engage students, principals, and the local community around BAB.

October 17 & 18, 2023

[The 2023 Rural Child Hunger Summit](#)

Reimagining Rural: Building Resiliency Through Partnerships and Innovation. Save the Children and No Kid Hungry look forward to address rural child hunger and convene partners covering a variety of topics, such as:





What is Breakfast After the Bell?

Breakfast Models:

Breakfast in the Classroom (BIC)

Grab and Go (GNG)

Second Chance Breakfast

Why is it needed?

Equity



Breakfast After the Bell Participation Rates

Participation measured by average daily participation F&RP school breakfast / average daily participation F&RP school lunch.

88%

Breakfast in the Classroom (BIC)¹: Breakfast is offered/served in the classroom and eaten in the classroom.

59%

Grab and Go¹: Breakfast is offered/served from one or more central locations and consumed in a non-specific location.

58%

Second Chance Breakfast¹: Breakfast is offered/served between 1st and 2nd period and consumed in a non-specific location. Usually offered via Grab and Go or Traditional Cafeteria breakfast.

Analysis includes 2,201 schools from 14 states: CA, FL, IL, MA, MD, MI, MT, NC, NE, NV, PA, TX, VA, and WA.

The Findings: Breakfast served after the bell can significantly reduce chronic absenteeism rates.

The State Research:

- Chronic absenteeism rates were on average 6 percentage points lower for schools that served Breakfast After the Bell
- Breakfast After the Bell was particularly helpful in reducing chronic absenteeism in elementary and rural schools.

The National Research:

- Chronic absenteeism rates were lower for schools that served Breakfast in the Classroom.
- Exploratory analysis found that Breakfast in the Classroom can improve reading test scores. Breakfast in the Classroom also has the potential to improve internalizing behaviors (anxiety, loneliness, low self-esteem, and sadness).



Serving breakfast after the bell can **reduce absenteeism by an average of**

6 percentage points

<http://bestpractices.nokidhungry.org/resource/study-chronic-absenteeism-and-breakfast-after-bell>



Quick Poll





Ryan Cengel MS MA RD LD SNS

Director of Food and Nutrition Services

Manor Independent School District Manor, TX

Manor Independent School District

Located in Central Texas Northwest of Austin

Enrollment-9550 students

17 schools- 1 Pre-K Center, 8 Elementary, 4 Middle and 4 High

CEP District Wide

Demographics- 65% Hispanic, 20% African American, 8% White,
7% other



Meal Programs

NSLP Breakfast and Lunch

CACFP At Risk Snack and Supper at all campuses

Boys and Girls Club

YMCA

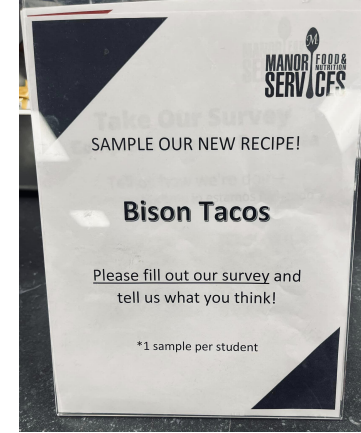
Rise

District Enrichment Program

Fine Arts

Athletics





Additional Programs

Farm to School-30% of produce served is grown in Texas

Locally raised chicken and bison served last year for the first time

Self serve salad bars at all campuses

Over 50% of entrees are scratch made or speed scratch



Average Daily Participation

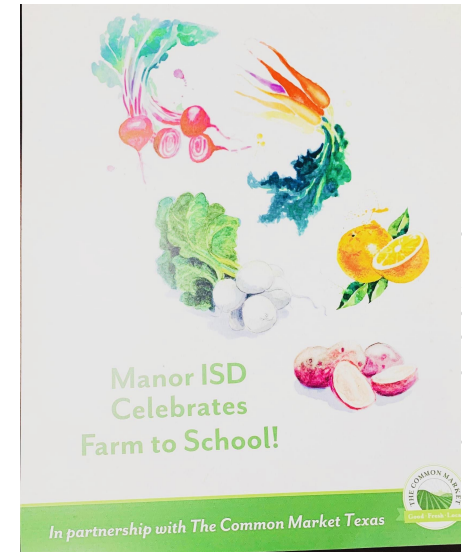


Breakfast 62% ADP

Lunch- 78% ADP



Over 2,000,000 meals served each of the past three school years!

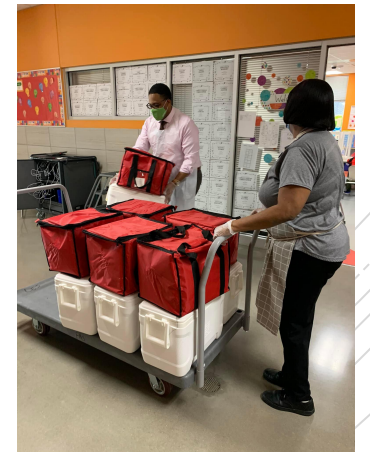
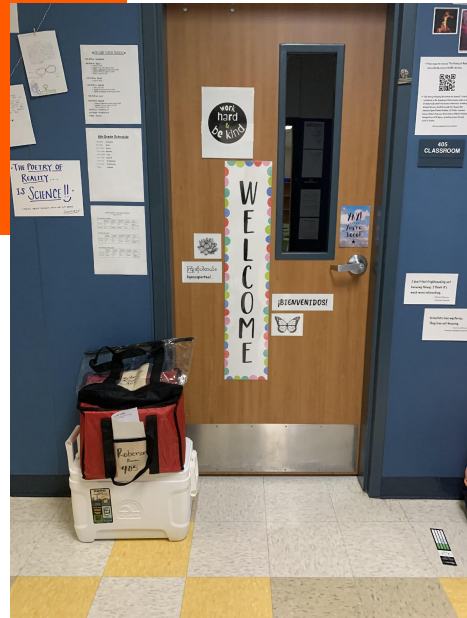


Breakfast in the Classroom in Pre-K Center and 3 Elementary Schools

Standard Operating Procedure

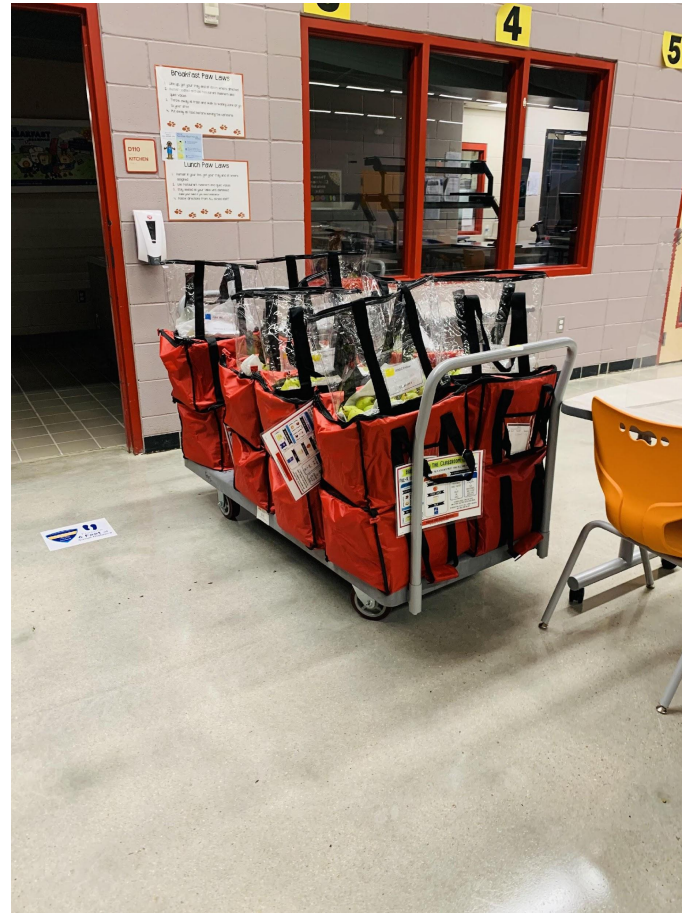
BIC

Teachers Pre-Order the week before
Carts, bags and coolers delivered to classroom prior to school start
Carts are picked up after meals service
Teachers count and claim meals



Carts, Bags and Coolers paid for with grant from No Kid Hungry

BIC



Breakfast After the Bell

Elementary

Cafeteria Line kept open for late students
Grab N Go Breakfasts Left in Front Office
BIC schools-Bags left in classrooms to
accommodate late students

Secondary

Breakfast Carts delivered to areas where
students congregate or are dropped off
by buses



Breakfast After the Bell

Breakfast Carts Paid for with grant from No Kid Hungry



Buy in from Administration

Share research about the importance of school breakfast on academic achievement, classroom behavior and health

Participate in school events, teacher trainings

Communicate regularly with district leadership

Communicate your success with all stakeholders

Data, Data, Data



San Bernardino City Unified

Warren Ryan, Nutrition Services Assistant Director
San Bernardino, CA



Program Information

★ **46,500 Students Enrolled**

★ **74 Sites**

- **52 Elementary Schools**
- **10 Middle Schools**
- **9 High Schools**
- **1 Adult School**
- **2 Auxiliary Sites**

★ **Programs Offered**

- **Breakfast**
- **Lunch**
- **Snack or Supper**

★ **425 Employees**

★ **100% CEP**

★ **Central Kitchen**

★ **Breakfast in the Classroom at 5 elementary schools.**

★ **Launched Breakfast After the Bell at 1 high school.**

- **Increased participation by 70%**

Participation

- Breakfast - 12,069 per day
- Lunch - 30,273 per day
- Supper - 3,800 per day

- Before BIC

- Barton - 35.9% (202)
- Cole - 23.8% (113)
- Bing Wong - 23.6% (152)
- Hunt - 45.3% (257)
- Norton - 27.7% ()

- After BIC

- Barton - 75.3%
- Cole - 58.7%
- Bing Wong - 76.1%
- Hunt - 85.3%
- Norton - 73.9%



Q & A



Resources

[Breakfast Bites](#) – breakfast after the bell resources delivered to your inbox every 2 weeks.

[A Study on Chronic Absenteeism and Breakfast After the Bell](#)

[Innovative Breakfast Delivery Options](#)

[Talking Points for Introducing Breakfast After the Bell to School Stakeholders](#)

[Breakfast After the Bell Strategies for Middle & High Schools](#)

[School Breakfast Promotion Strategies](#)

[School Meals Application Outreach Toolkit](#)

To find these resources and more sign up for our bi-weekly **What's New Newsletter**: [Subscribe](#)



THANK YOU

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