



## BREAKFAST AFTER THE BELL SET UP AND CLEAN UP TEACHER GUIDE

### BREAKFAST AFTER THE BELL

If your school has chosen to implement Breakfast After the Bell (BAB), you may be wondering how that will affect your classroom. BAB often involves students eating breakfast in the classroom during instructional time. Teachers find that they can easily incorporate BAB into their existing morning routines with planning. The three most effective Breakfast After the Bell models are:

- ***Breakfast in the Classroom:*** Students eat breakfast in their classroom after the official start of the school day. Students or staff deliver breakfasts to classrooms from the cafeteria via coolers or insulated rolling bags. Breakfast in the Classroom takes 15 minutes on average.
- ***Grab and Go:*** Students pick up breakfast from mobile service carts in high traffic areas that are convenient to them, such as hallways, entryways or cafeterias. Students can eat in their classroom or in a common area before and after the bell has rung.
- ***Second Chance Breakfast:*** Students eat breakfast during a break in the morning, often between first and second period or midway between breakfast and lunch. Schools can serve breakfast using a Grab and Go model, or they can open the cafeteria to serve breakfast during the break. Second Chance Breakfast can be effective for middle or high school students who may not be hungry first thing in the morning or prefer to socialize with friends.

This resource shares best practices from teachers that have already implemented Breakfast After the Bell in their classrooms

“Today was our first day of breakfast in our classrooms. All twenty of my third graders ate with such joy. Some don't usually eat breakfast, others do. One noted how much faster this was than waiting in line in the cafeteria. After breakfast, two kiddows cleaned our tables and two others swept up Craisins. Everyone took care of their area. It was a delightful way to start out day.” – Jennifer Orm, Teacher, Lynbrook Elementary, Fairfax County, VA

## BREAKFAST SET UP

Each classroom will have a different set up, depending on the breakfast model, classroom layout, and teacher. Building administration, food service staff, and teachers work together to devise a breakfast delivery plan that best meets the community's needs. Breakfast may be delivered as a prepackaged meal or students may have to opportunity to choose certain food items. Food service staff provide instruction on how to do this.

If breakfast is served in the classroom, teachers and students may help record who receives breakfast each morning. For example, cafeteria staff provide a roster and teachers and/or students note who takes a meal. The roster is then returned to the cafeteria where staff charge the students' meal accounts. [This video](#) is another example of how students record their participation in the breakfast program.

Teachers begin the instructional day with activities such as attendance, class/school announcements, homework review, or read alouds. [Here are examples of classroom activities](#) that can be done while students are eating breakfast.

## BREAKFAST CLEAN UP

School administration, school nutrition staff, custodial staff, and teachers work together to create a clean-up plan that is quick and easy. Students are provided supplies to clean both their desks and hands after eating, which facilitates student involvement and ownership of the program. Clean up ideas include, but are not limited to:

- Using separate trashcans and heavier trash bags specifically for breakfast waste,
- Using buckets or classroom sinks to collect any liquid waste, and
- Disposing of breakfast, waste immediately after eating, in a central location such as a rolling garbage can placed in the corridor. Central trash locations ease the burden on custodial staff.

“Some parents would drop their children off early for breakfast, but the students would go play in the yard and then come to class without having eaten. I have already seen a positive change in student behavior during the morning instructional time. I also notice that my students are able to get right to work and seem more focused. It makes a big difference when all of my students eat together at one time.” – Kindergarten teacher after implementing Breakfast After the Bell, Hoover Elementary, Oakland, CA

