

## Breakfast Tips & Strategies for Fueling Success in Rural Districts

Tuesday April 23 at 2pm EST 2024

### Speakers:

- Kelly Earnhardt, Cafeteria Director Sabinal Independent School District, TX
- Nikki Hawthorne, School Food Service Director, Putnam County Schools, FL
- Heidi Miles, Director of Food Services, Pioneer Central Schools, NY

**Moderator**, Jeannine Rios, Senior Program Manager,  
No Kid Hungry



## Housekeeping

- Webinar is being recorded
- Recording + Slides
  - Located on Center for Best Practices website
  - Follow-up email
- Put questions in Q&A box

## Agenda

Welcome

Introductions

Panelist present

Q & A

Wrap up

## No Kid Hungry



BREAKFAST



AFTERSCHOOL



NUTRITION  
PROGRAMS  
ALREADY EXIST  
TO FEED KIDS.



SUMMER MEALS



NUTRITION EDUCATION

No Kid Hungry collaborates with partners to make sure these programs reach more children with healthy meals every day.





## Resources

- [Our What's New Newsletter](#)
- [Study on Chronic Absenteeism and Breakfast After the Bell \(micro-report\)](#)
- [Upcoming webinar Rural Non-congregate Summer Meals](#)
- [New Non-congregate Resource- Summer Meals Outreach Toolkit](#)



**KELLY EARNHARDT**

**SABINAL ISD**

**CHILD NUTRITION  
DEPARTMENT**

# Sabinal Texas – Uvalde County

- ▶ Uvalde County Population: 24,940
- ▶ Uvalde County has 1,552 square miles of land and is the 16<sup>th</sup> largest County in Texas.
- ▶ Sabinal Texas Population: 1,379
- ▶ Sabinal ISD 2023-2024 student enrollment: 453
- ▶ 35% of our students are bused from neighboring towns such as Uvalde, Knippa, D'Hanis and Utopia.
- ▶ Economically disadvantaged: 88%
- ▶ Free breakfast and lunch is available to 100% of district.

# THE BENEFITS OF EATING BREAKFAST

- ▶ RESTORES THE ENERGY AND VITAL NUTRIENTS AFTER A NIGHT OF SLEEP
- ▶ HELPS LIFT YOUR MOOD
- ▶ ENABLES BETTER LEARNING AND IMPROVES SCHOOL PERFORMANCE
- ▶ FUEL FOR SPORTS AND OTHER PHYSICAL ACTIVITIES.
- ▶ REDUCES EXCESSIVE SNACKING
- ▶ NUTRITION FOR GROWTH
- ▶ BOOST IMMUNE SYSTEM
- ▶ BRAIN POWER FOR THE LEARNING



# CHALLENGES WE HAVE CONQUERED

- ▶ FUNDING
- ▶ EQUIPMENT
- ▶ LABOR
- ▶ LOCATION OF CAFETERIA
- ▶ LACK OF STUDENT INTEREST
- ▶ SCHOOL ACTIVITIES
- ▶ PARTICIPATION





# Breakfast Grab N Go Debut September 2023



# BE RESOURCEFUL

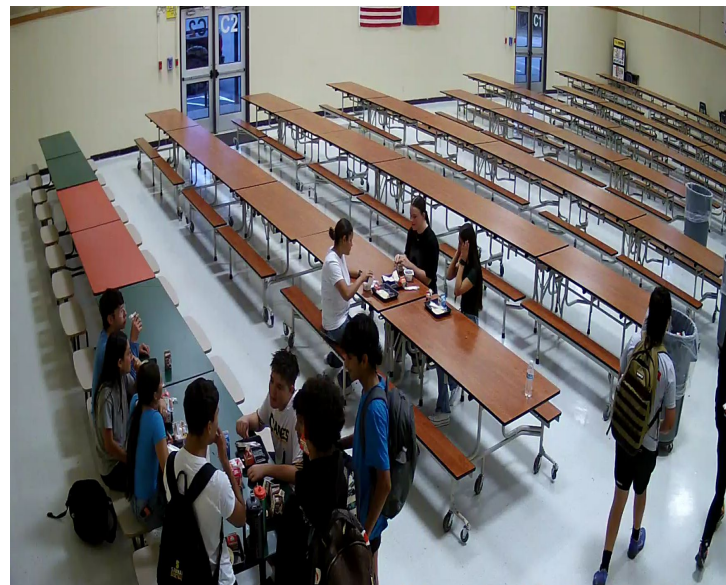




# KEEPING OUR STUDENTS FED BEFORE THE BELL



# AND AFTER THE BELL



# SUCCESSFUL BEST PRACTICES

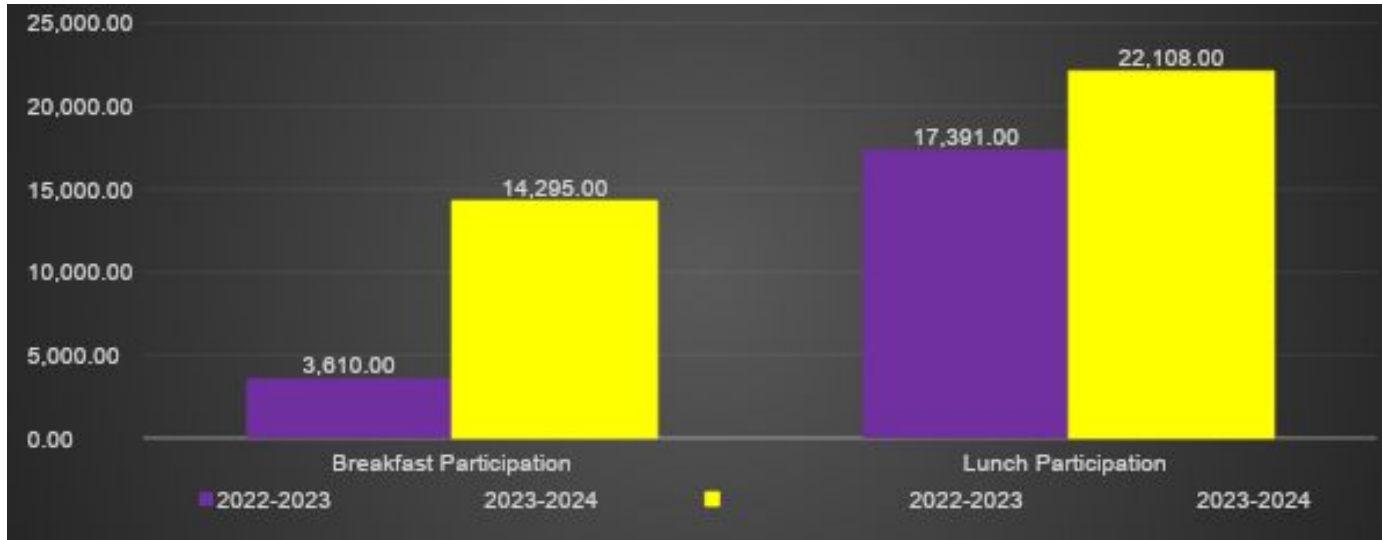
- ▶ Join forces with administration, teachers and principles.
- ▶ Get involved with your student council, they are your ears and voice.
- ▶ Use your resources, ask your suppliers for samples.
- ▶ Use your samples for taste testing events.
- ▶ Hype up new menu options, show excitement about what you're doing.
- ▶ Get your staff involved.
- ▶ Use social media to your advantage, post pictures and show off!
- ▶ Ask for help.





# OUR WIN!

## YOY Breakfast and Lunch Participation





# Putnam County School Food Service

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# Breakfast=Break the Fast







## Breakfast in the Classroom Proposal (2014)

· **Breakfast is critical to childhood learning and health, yet many students start the school day hungry. In 2009, 17.2 million children (more than one in four of all children) lived in households that struggled with hunger. (U. S. Department of Agriculture)**

### The Need:

**Currently, Jenkins Middle School is serving ~160 students for breakfast with an enrollment of over 700 students. Out of the 700+ students 543 are free and reduced based on household income? Are these 543 eating breakfast before beginning their school day? Probably not!**

### The Many Benefits:

- **Students who eat breakfast perform better on standardized test than those who skip breakfast or eat at home.** (Vaisman N, Voet H, Akivis A, Vakili E. "Effects of Breakfast Timing and the Cognitive Functions of Elementary School Students." *Archives of Pediatric and Adolescent Medicine* 1996 150:1089-1092.
- **Providing breakfast show improves their concentration, alertness, comprehension, memory and learning.** (Brown JL, Beardslee WH, Prothrow-Sisth D. "Impact of School Breakfast on Children's Health and Learning." *Sodexo Foundation. November 2008;*"Grab N Go Breakfast at School : Observation from a Pilot Program." *Journal of Nutrition Education and Behavior* 2010 42(3):208-209;
- **Students who participate in school breakfast show improved attendance, behavior--fewer disciplinary office referrals, decreased visits to the school nurse and increase in standardized achievement test scores as well as decreased tardiness.** (Murphy JM, Pagano M, Nachmani J, Serling P, Kane S, Kleinman R. "The Relationship of School Breakfast to Psychosocial and Academic Functioning: Cross-sectional and longitudinal observations in a inner-city sample." *Archives of Pediatric and Adolescent Medicine* 1998: 152:899-907;Murphy JM, Drake JE, Weineke KM. "Academics & Breakfast Connection Pilot: Final Report on New York's Classroom Breakfast Project." *Nutrition Consortium of New York State. Albany, New York. July 2005)*
- **Survey completed by the Food and Research Action Center**

**276 Principals from 15 school districts surveyed that operate Breakfast in the Classroom programs.**

### **Findings:**

- 87% said they would encourage others to participate in the program
- 85% increase in breakfast participation
- 61% fewer reports of student hunger
- 40% report fewer students being tardy
- 37% report increase in student attentiveness
- 34% improved school and 35% improved classroom environment
- **Teachers receive free breakfast daily too!**







### **BIC proposal continued-**

### **The Potential Barriers:**

**Custodians**-Many custodians have successfully worked with school administrators and staff to implement Breakfast in the Classroom Programs. In most cases the BIC program actually reduces custodial clean-up time. They will no longer be needed in the cafeteria eating area. Food Service staff will come and collect all trash once breakfast has been handed out.

**Pest**-Food Service currently services our kitchens with a local pest company and will have some preventive work done along with continued maintenance so that pest will not pose a barrier for the BIC program.

**Lost Instructional Time**- the BIC process should only take ~10-12 minutes from start to finish.

**More work for ME!**-The homeroom teacher should select 1-3 students from their homeroom that can pick up the class breakfast basket from the cafeteria and walk it down to the classroom. The students can also help pass out the breakfast and daily check off the names of the students that consumed the breakfast meal that day. Trash is collected and placed outside the classroom with the daily roster.

**It is Messy!**-All breakfast products will be carefully selected to reduce the mess. For example, items with lots of crumbs like muffins, and other food items such as cereal will not be served in the classrooms. Lysol wipes, and hand sanitizers will be provided for ALL homerooms.

# Increased Participation=Increased Revenue

All PCSD schools except for one elementary school participate in the BIC program

District Wide-Breakfast 77-80%

Menu Favorites- Breakfast Taquitos, Egg and Cheese Breakfast Burrito, Pull Apart WG Donut bites, Pancake Breakfast Sandwich ( we rotate between hot and cold items throughout our three week cycle menu)

MPLH 24-26

Provides additional labor at each school site





**PUTNAM COUNTY  
SCHOOL DISTRICT**  
SHAPING THE FUTURE

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# Breakfast After the Bell

Pioneer Central Schools



# Who we serve / Models we follow

School	Enrolled	% Breakfast Participants	Breakfast Models
Delevan Elem	388	52%	Pre-K: Breakfast in the classroom (carts) Early Arrival: Eat in cafeteria K-4: Grab-n-Go from cafeteria
Arcade Elem	522	47%	K-4: Eat in cafeteria, students may finish brkst After 1 <sup>st</sup> bell. Go to class by 2 <sup>nd</sup> bell Pre-K: Eat after 2nd bell in cafeteria
Middle 5th-8th	685	30%	All students go to cafeteria on arrival. Serveries remain open until 2 <sup>nd</sup> bell. *2024-2025 SY – Adding Grab & Go Carts
High 9 <sup>th</sup> -12th	727	42%	Eat in or Grab-n-Go 2 <sup>nd</sup> Chance Breakfast: 1 <sup>st</sup> & 2 <sup>nd</sup> Periods 50% eat after the 1 <sup>st</sup> bell.



# Stakeholder Buy-in



District Leaders



Principals  
Teachers  
Custodians  
Support Staff



Be flexible



Develop  
Implementation  
Plan &  
Financials



Make  
Breakfast a  
Buzzword



# Challenges & Tips



## Do you have Morning Latch Key?

Offer Early Breakfast



## What time does School Begin?

Many students aren't ready to eat breakfast at 7am. Have a 2<sup>nd</sup> chance cart in a main hallway or cafeteria.



## Offer Free Breakfast – CEP or district paid-attendance will increase

Research shows correlation between breakfast and student performance

- Limited on time for breakfast?
  - Offer breakfast in the classrooms for certain grades.
  - Early release bussed students who are attending breakfast
  - Use swipe badges to expedite lines
    - Attach to backpacks for Elementary
  - Pre-bag juice & milk, let students choose entrée and fruit.
  - Work with each school building separately to customize program

# Get your program up and running!

## Resources

- How it Works:  
<https://frac.org/research/resource-library/works-making-breakfast-part-school-day>
- How to Start a BAB program:  
<https://frac.org/research/resource-library/start-breakfast-bell-program>
- Secondary Schools Toolkit:  
<https://frac.org/research/resource-library/secondary-school-principals-breakfast-bell-toolkit>
- Toolkits, flyer & additional resources:  
<https://www.projectbread.org/resource-directory/breakfast-after-the-bell-resources>





# Thank you







Questions?





THANK YOU

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