

Ask the Expert: School Breakfast

March 27, 2019



center for BEST
PRACTICES

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AGENDA

- Introductions
- No Kid Hungry
- Breakfast After the Bell basics
- Questions

Poll

What is your role in the school breakfast program?

- School Nutrition Director/Staff
- School Business Official
- Principal
- No Kid Hungry Partner
- Other

INTRODUCTIONS



Summer Kriegshauser
Senior Program Manager
No Kid Hungry



Marla Caplon
Director of Student Wellness Initiatives
Montgomery County Public Schools

No Kid Hungry is a Campaign By Share Our Strength

We're an organization dedicated to ending hunger and poverty. Through proven, effective campaigns, we connect people who care to ideas that work.



No Kid Hungry campaign



FEEDING KIDS

by working with schools and communities to make food programs available for every kid in need.



TEACHING FAMILIES

how to make the most of their food budgets by purchasing and preparing nutritious food for their kids.



MOBILIZING THE PUBLIC AND OUR LEADERS

so that ending childhood hunger is a top priority in this nation.

LEARN. DEVELOP. SHARE.

The Center for Best Practices **learns** from the programs, practices and policies that are making an impact around the country, **develops** evidence-based resources and guidance, and **shares** best practices with our stakeholders working to end childhood hunger.

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Breakfast 101

SCHOOL BREAKFAST IS A BIG DEAL



FOR KIDS WITHOUT FOOD AT HOME,
**STARTING THE DAY WITH
BREAKFAST LEADS TO:**



HIGHER TEST SCORES

17% higher on standardized tests



BETTER ATTENDANCE

An average of 1.5 more days
per school year



MORE LIKELY TO GRADUATE

20% greater chance of graduation



Source: "No Kid Hungry Starts With Breakfast," a research analysis by Deloitte

Traditional Breakfast in the Cafeteria Doesn't Work

- Bus or carpool does not arrive in time
- Stigma that school breakfast is for low-income kids
- Middle/high school students may not be hungry first thing in the morning
- Cafeteria location is not convenient for students
- Socializing is more fun than eating alone in the morning

SOLUTION -- Make Breakfast a Part of the School Day

Making breakfast part of the school day...

- addresses the common barriers of traditional cafeteria breakfast
- ensures more students are able to start the day with a healthy meal.



Breakfast After the Bell: serving model where breakfast is served after the official start of the school day



Breakfast after the Bell Basics

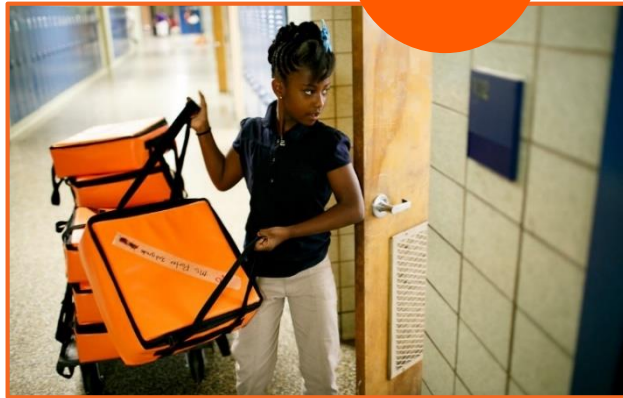


Breakfast in the Classroom: Breakfast is offered/served in the classroom and eaten in the classroom. The process usually takes 15 minutes, including clean-up.

1



2



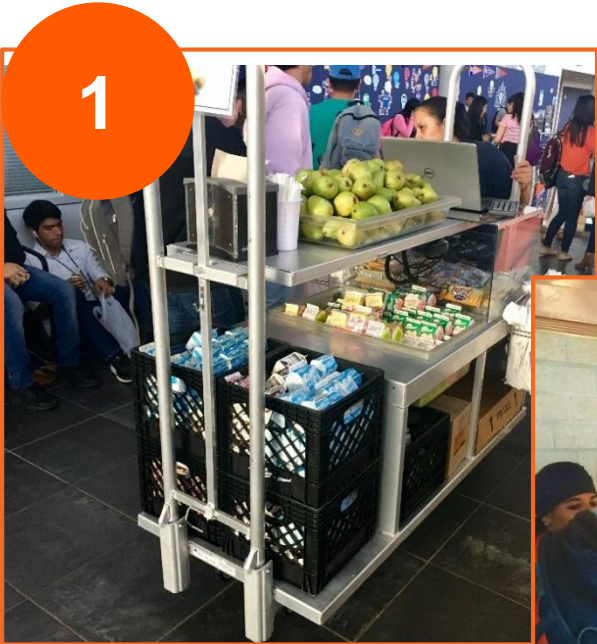
3



4



Grab and Go: Breakfast is offered/served from one or more central locations, either via carts and kiosks placed in high-traffic areas, or via quick cafeteria line. Students grab their breakfast, take it the classroom or a common area and eat.



Second Chance Breakfast: Breakfast is offered/served between 1st and 2nd periods or during a mid-morning break either via Grab and Go or traditional cafeteria breakfast where they have at least 15 minutes to eat.

Grab and Go



OR

Cafeteria Model



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.

QUESTIONS

Please type any questions into the chat box.



School Breakfast Resources

No Kid Hungry's [Center for Best Practices](#) website:

- Over 400 resources pertaining to School Breakfast, Afterschool Meals, and Summer Meals
- [School Breakfast](#)
- [Monthly newsletter](#)