

# Breakfast After the Bell Basics

Sept 12, 2018



*center for* BEST  
PRACTICES

[BESTPRACTICES.NOKIDHUNGRY.ORG](http://BESTPRACTICES.NOKIDHUNGRY.ORG)



## INTRODUCTIONS

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Senior Program Manager  
No Kid Hungry



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Program Manager  
No Kid Hungry

# AGENDA

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- No Kid Hungry
- Breakfast After the Bell (BAB) Models
- Implementation
- Maintenance
- Q & A

# Poll

How familiar are you with Breakfast After the Bell (BAB)?

- A. I have no familiarity with BAB
- B. I've heard of it
- C. It's new to my school/district
- D. I'm a seasoned pro

# No Kid Hungry



## 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.





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# BAB BASICS

Models, Participation Rates, Resources

## Traditional Breakfast in the Cafeteria Doesn't Work

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- Bus or carpool does not arrive in time
- Stigma that school breakfast is for 'poor' kids
- Reduced price might not be reduced enough
- Middle/high school students may not be hungry first thing in the morning
- Cafeteria is not convenient for students
- Socializing is more fun than eating alone in the morning



# SOLUTION -- Make Breakfast a Part of the School Day

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## Making school breakfast part of the school day...

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



# Breakfast After the Bell Models

Participation Rates\*

86%

**Breakfast in the Classroom (BIC):** Breakfast is offered/served in the classroom and eaten in the classroom. The process usually takes 15 minutes.

63%

**Grab and Go to the Classroom:** 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 eat it in the classroom.

**Second Chance Breakfast:** Breakfast is offered/served between 1<sup>st</sup> and 2<sup>nd</sup> periods, or during a mid-morning break.

75%

**Via Grab and Go to the Classroom:** Breakfast is offered/served from one or more central locations.

70%

**Via Traditional Cafeteria:** Breakfast is offered/served in the cafeteria and students are given 15 minutes to eat in the cafeteria.

50%

**Traditional Cafeteria Model:** Breakfast is offered/served, and eaten in the cafeteria before the official start of the school day.

\*Participation measured by average daily participation F/RP school breakfast / average daily participation F/RP school lunches. Estimates were based on a total of 798 schools in 8 states (AR, CO, IL, LA, MD, MT, NC, and VA).

## Breakfast in the Classroom

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

**Prep:** Cafeteria staff prep breakfast items in the cafeteria or central kitchen.

- Prep occurs in the morning before stores starts, or the day before.
- Includes packing all reimbursable meal components into coolers or crates: Milk, Grain, Fruit, Other

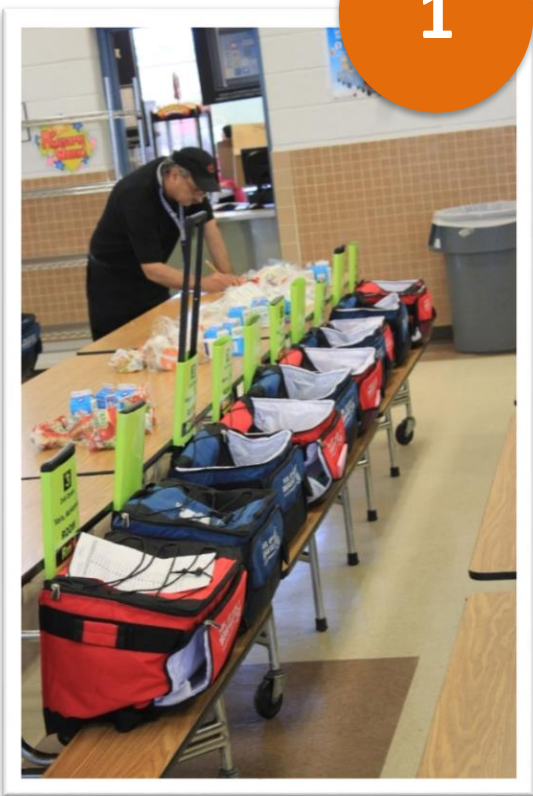
**Execution:** Breakfast items are delivered to the classroom by cafeteria workers or students. Students take which ever combination of reimbursable meal components they want.

**Record Keeping:** Teachers or students track the number of students that participate in the school breakfast program each morning and send that information back to the cafeteria.

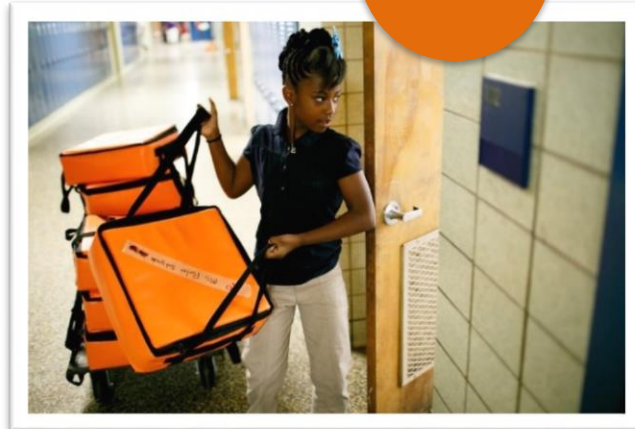
**Clean-up:** Students clean up their designated areas and remove any breakfast trash from the classroom.

# Breakfast in the Classroom

1



2



3



4



## Grab and Go to the Classroom

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**Definition:** 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 eat it in the classroom.

**Prep:** Cafeteria staff prep breakfast items in the cafeteria or central kitchen.

- Prep occurs in the morning before stores starts, or the day before.
- Includes packing all reimbursable meal components into carts/kiosks: Milk, Grain, Fruit, Other

**Execution:** 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 eat it in the classroom.

**Record Keeping:** Point of Sales systems track student participation at breakfast pick-up point.

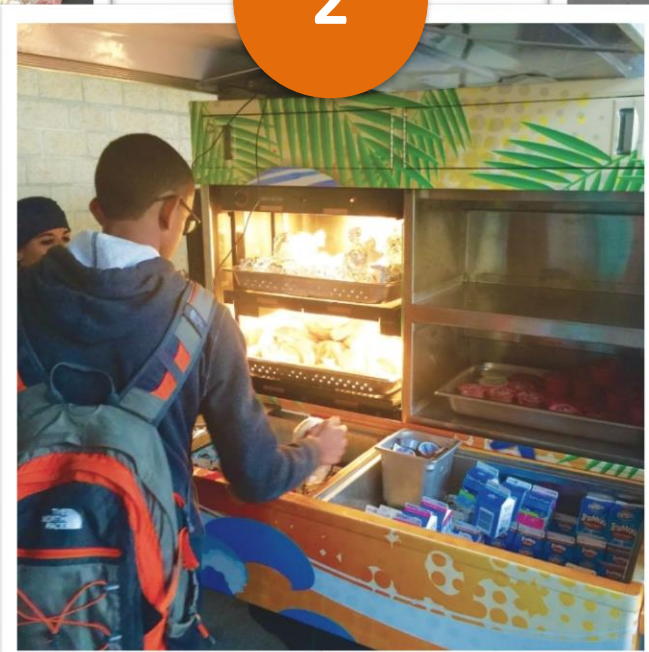
**Clean-up:** Students clean up their designated areas and remove any breakfast trash from the classroom.

# Grab and Go to the Classroom

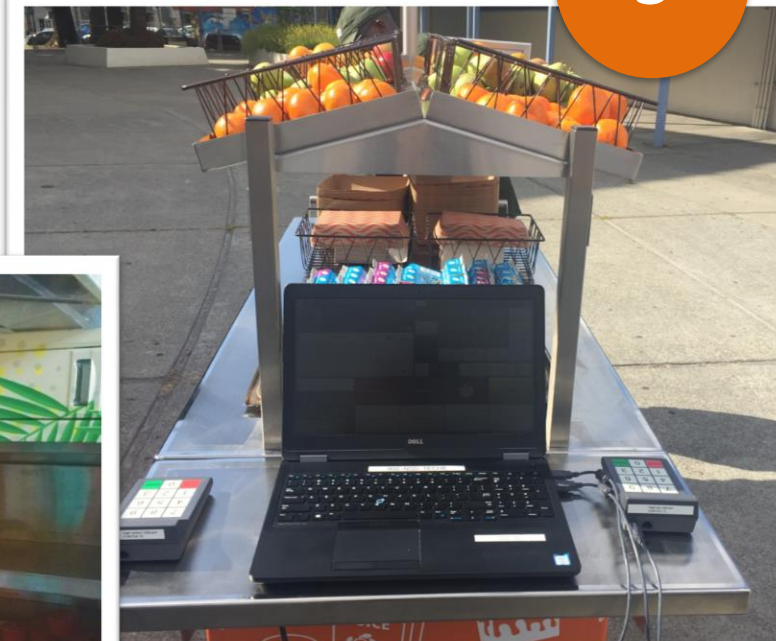
1



2



3



4



## Second Chance Breakfast

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**Definition:** Breakfast is offered/served between 1st and 2nd periods, or during a mid-morning break. Either via:

- **Grab and Go to the Classroom:** Breakfast is offered/served from one or more central locations.
- **Traditional Cafeteria:** Breakfast is offered/served in the cafeteria and students are given 15 minutes to eat in the cafeteria.

**Prep:** Cafeteria staff prep for Grab and Go to Traditional Cafeteria Model

**Execution:** Breakfast is offered/served to students either via Grab and Go or Traditional Cafeteria Model

**Record Keeping:** Point of Sales systems track student participation at breakfast pick-up point.

**Clean-up:** Same as Grab and Go or Traditional Cafeteria Model

## RESOURCES TO HELP

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- [Breakfast in the Classroom Myths](#)
- [Tips For an Effective Grab and Go Program](#)
- [Breakfast in the Classroom 101 video](#)
- [Grab and Go to the Classroom 101 video](#)
- [Second Chance 101 video](#)
- [Teacher Guide – Classroom Set Up and Clean Up](#)
- [School Breakfast – Healthier Than You Think](#)

[Center for Best Practices Website](#)



# IMPLEMENTATION

Assemble Breakfast Team, Plan Implementation, Troubleshoot

## ASSEMBLE A BREAKFAST TEAM

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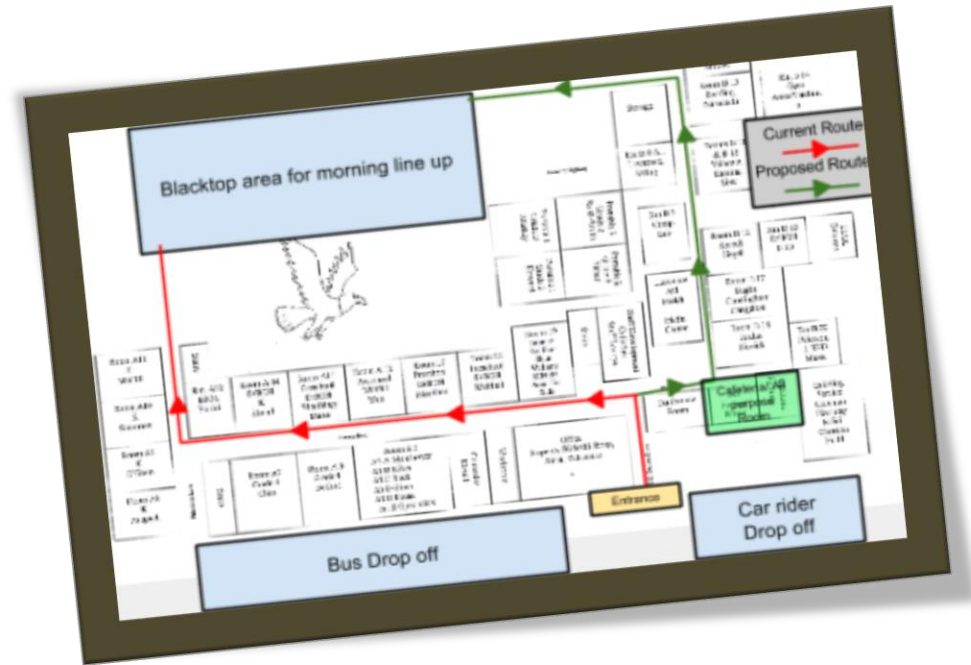
Assemble a team of stakeholders in the school and/or district:

- Stakeholders: Teachers, Principals, School nutrition staff, Wellness coordinators, Custodians, Etc.
- Goals:
  - Importance of expanding access to school breakfast,
    - ❖ Visit other school sites with BAB as example
  - Address concerns
  - Gain Buy-in
  - **Plan Breakfast After the Bell implementation**
- Convene Team:
  - Pre-BAB Implementation: regularly
  - Post-BAB Implementation: ad hoc basis

Resource: [Talking Points for Introducing BAB to School Stakeholders](#)

# IMPLEMENTATION TIMELINE

- School Breakfast Team
  - Project Manager, Technical Expert(s)
- Things to consider
  - Facilities, Equipment & Food
    - BAB Model
    - Grants vs Food service budget
    - Equipment Procurement
  - Menu Planning
  - School Lay Out
  - Marketing
  - Launch date (Dry Run/Dress Rehearsal)



## RESOURCES TO HELP

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- [Smart Foods Planner](#), Alliance for a Healthier Generation
- [Nutrition and Menu Planning Resources](#), USDA
- [Pre-implementation Checklist](#)
- [Breakfast in the Classroom Rollout Timeline](#)
- [Grab and Go to the Classroom Rollout Timeline](#)

## EQUIPMENT NEEDS

### School nutrition equipment

- Carts/Kiosks
- Coolers

### Classroom/Hallway equipment

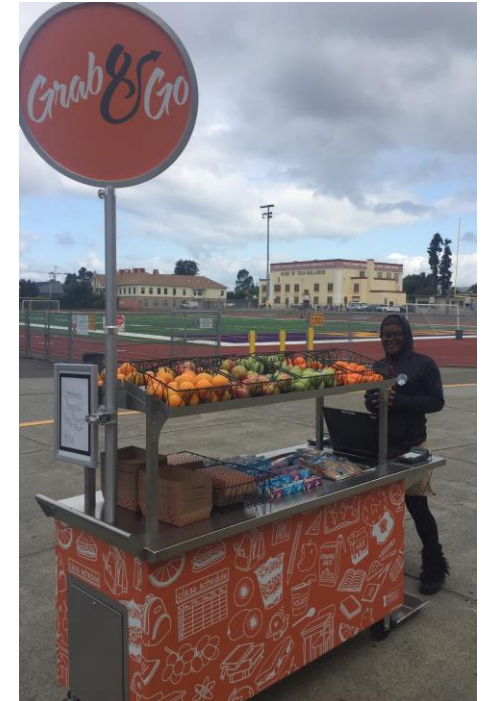
- Trash cans
- Heavy duty trash bags
- Wet wipes for clean up



Cooler Bag



Rolling Cooler



Portable Breakfast Kiosk

Resource: [BAB Equipment Tips](#)

## PARENT OUTREACH

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Notify parents in multiple ways about the changes to the breakfast program

- Before the launch date!
- Send home flyers with students
- Put on school website
- Advertise in paper or local radio station
- Include details affecting them:
  - ✓ Start date of change
  - ✓ Time of new breakfast program
  - ✓ Description of breakfast model
  - ✓ Menu examples
  - ✓ Universal Breakfast??

## RESOURCES TO HELP

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- Breakfast FAQs for Parents ([customizable English](#) and [customizable Spanish](#))
- [Breakfast is Essential to Success flyer](#) (Spanish & English)
- [Did You Know School Breakfast flyer](#) (English & Spanish)
- [Rushed Morning breakfast flyer](#) (Customizable Spanish)
- [Breakfast is Part of the School Day postcard](#) (Customizable Spanish)
- [USDA “How Does School Breakfast Help Families?” flyer](#)
- [USDA school newsletter inserts](#)

[Center for Best Practices Website](#)

## SCHOOL OR DISTRICT STAKEHOLDER ON-BOARDING

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Provide robust on-boarding to all school/district stakeholders:

- Nutrition Service Staff, Students, school stakeholders...
  - Why the change is happening
  - How it will affect their morning routines & assigned hours
  - Universal Breakfast?
  - Dry run/Dress rehearsal



# MAINTENANCE

Adaptation, Observations/Feedback, Breakfast Team

## MAINTENANCE

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- Adapting your program
- Observations in real time -- Student surveys
- Quantitative
  - Meal Counts
  - Waste
- Qualitative
  - School breakfast team check-ins
  - Informal interviews
- Convene School Breakfast Team

## No Kid Hungry WEBINARS

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- [Getting Ready for Breakfast After the Bell](#)
- [Breakfast After the Bell: Best Practices for High Schools](#)
- [Enhance Your School Meals with the Smart Food Planner](#)
- [Grab and Go Best Practices: Make the Most Out of Your Breakfast Program](#)

[Center for Best Practices Website](#)



Questions?





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**Save the Date**

**GAINING TEACHER &  
PRINCIPAL BUY-IN FOR  
BREAKFAST AFTER THE BELL**

**Thursday, September 27, 2018  
1:00 - 1:45pm EDT**

[Register Here](#)

