

# Breakfast After the Bell

## Best Practices for High Schools



*center for* BEST  
PRACTICES

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



**PURPOSE:** Learn about best practices that you can apply to your high school Breakfast After the Bell (BAB) program to increase participation and maintain a successful program.

**AGENDA:**

- Breakfast After the Bell basics
  - Models
  - Best Practices
- Real World Examples
  - Chicago Public Schools (Chicago, IL)
  - Guilford County Schools (Greensboro, NC)
- Questions

## SPEAKERS

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**Summer Kriegshauser:** Senior Program Manager, Center for Best Practices, No Kid Hungry

**Allison Polke:** Registered Dietitian, Nutrition Support Services, Chicago Public Schools

**Crystal Cooper:** Director of Nutrition Support Services, Chicago Public Schools

**Adnan Raja:** Operations Supervisor, Guilford County Schools Nutrition, Greensboro, NC

# Poll

## 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.



# Breakfast After the Bell

## Basics

## 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
- Students may not be hungry
- Cafeteria is not convenient for students
- Socializing is more fun than eating in the morning



## 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

## Average Free/ Reduced Price Breakfast Participation by Model Type

88%

### Breakfast in the Classroom (BIC)

- Breakfast is served and consumed in the classroom

70%

### Second Chance Breakfast

- Meals are served after first period
- Allow kids to eat in class

64%

### Grab and Go to the Classroom

- Meals served in convenient, easy to access locations before and after the bell
- Allow kids to eat in class

50%

### Traditional Cafeteria

- Meals are served and consumed in the cafeteria

# Best Practices

- Choose a BAB Model that works for your school
  - GNG to the Classroom...allow students to eat in class!
  - Deliver Breakfast to the Classroom
  - Offer Second Chance Breakfast
- Make Students a Part of the Conversation
  - Engage students and solicit feedback
  - Utilize peer influence to promote breakfast
- Brand Your Breakfast:
  - Offer breakfast items that resemble popular commercial items
  - market them with enthusiasm



Resource: [Making Breakfast After the Bell Work in Middle and High Schools](#)

## Real World Examples

**Allison Polke**, Chicago Public Schools

**Crystal Cooper**, Chicago Public Schools



# HEALTHY CPS

— OFFICE OF STUDENT HEALTH & WELLNESS —

**HIGH SCHOOL  
BREAKFAST AFTER  
THE BELL BEST  
PRACTICES**



Chicago  
Public  
Schools



## CHICAGO PUBLIC SCHOOLS OVERVIEW

- Third largest district in US (#1 NYC; #2 LA)
- 381,349 students
- 652 schools (470 Elementary, 182 High Schools)
- 400 school gardens
- 87% low-income
- 100% eligible for free meals
- 43% overweight or obese
- 70 million meals each year
- State of Illinois Breakfast After the Bell Legislation



## OPERATIONS- STAFF & FOODSERVICE MANAGEMENT COMPANY

### **CPS Staff**

#### **27 Central Office Employees**

- » Budget
- » Human Resources
- » Special Programs/Audit Readiness
- » Student Wellness

#### **2,700 School Dining Center Employees**

- » School Dining Managers
- » Lunchroom Attendants
- » Porters
- » Cooks

### **Aramark**

#### **Directors**

- » Operations
- » Budget/Finance
- » Marketing
- » Community Relations

#### **School Level Staff**

- » District Managers
- » Food Service Directors



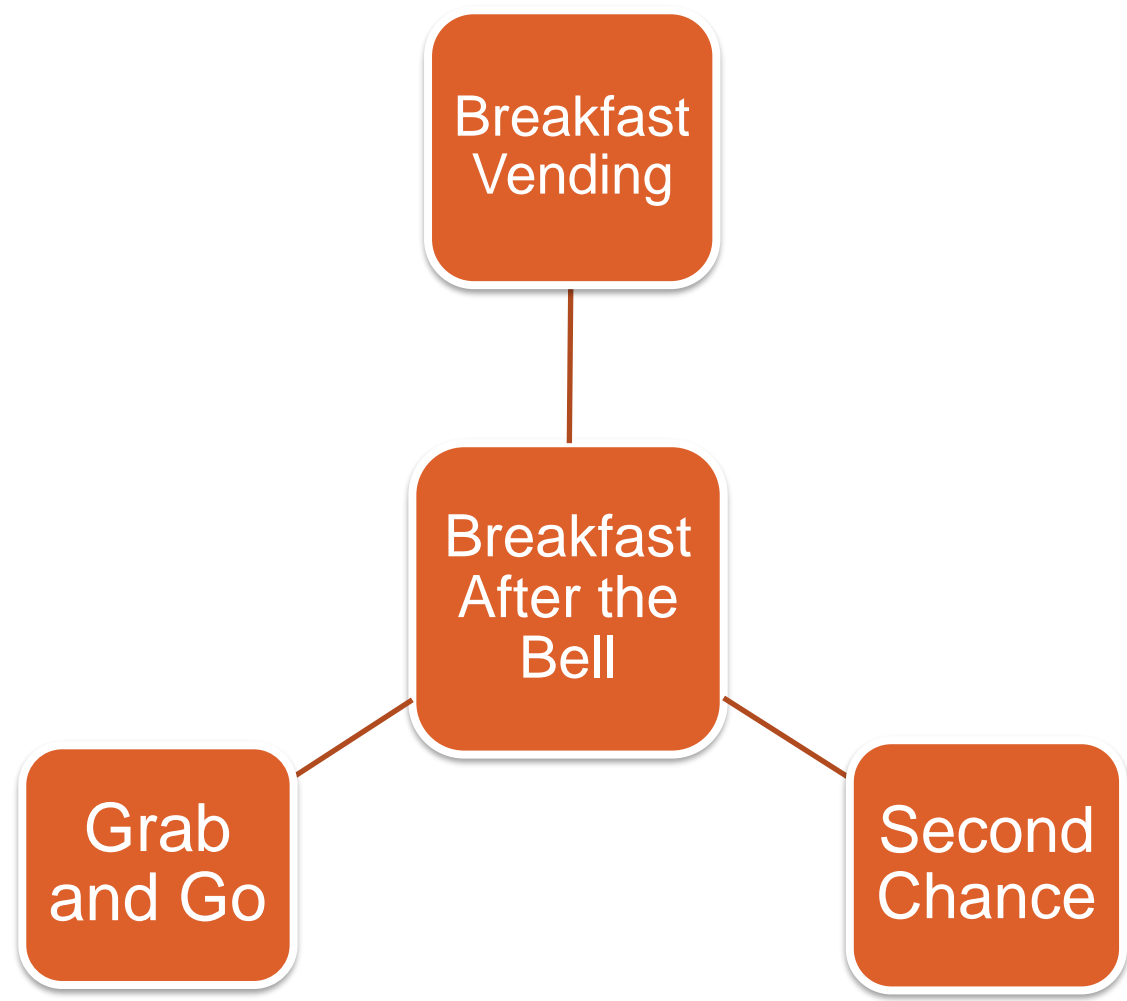
# BREAKFAST AFTER the BELL







# BREAKFAST AFTER THE BELL SERVICE MODELS





## BREAKFAST AFTER THE BELL

### SUCCESSSES

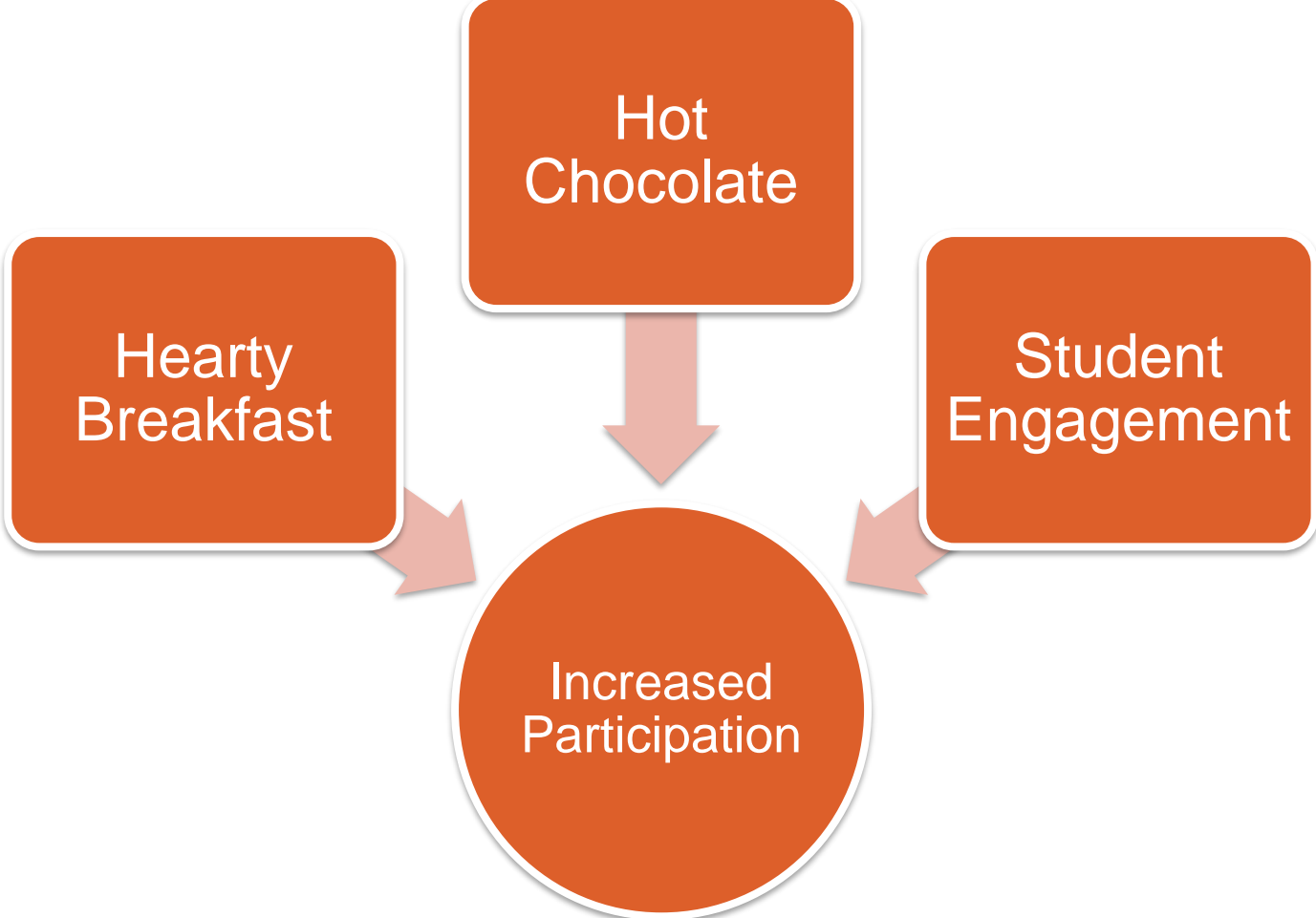
- Student engagement
- Logistics
- School autonomy
- Support from facilities
- State policy

### STRUGGLES

- Administration buy-in
- Logistics



# PARTICIPATION DRIVERS





## QUESTIONS?

Contact Nutrition Support Services!

Email [Food@cps.edu](mailto:Food@cps.edu)

[www.cps.edu/food](http://www.cps.edu/food)

OR

[www.cps.edu/HealthyCPS](http://www.cps.edu/HealthyCPS)



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# HEALTHY CPS

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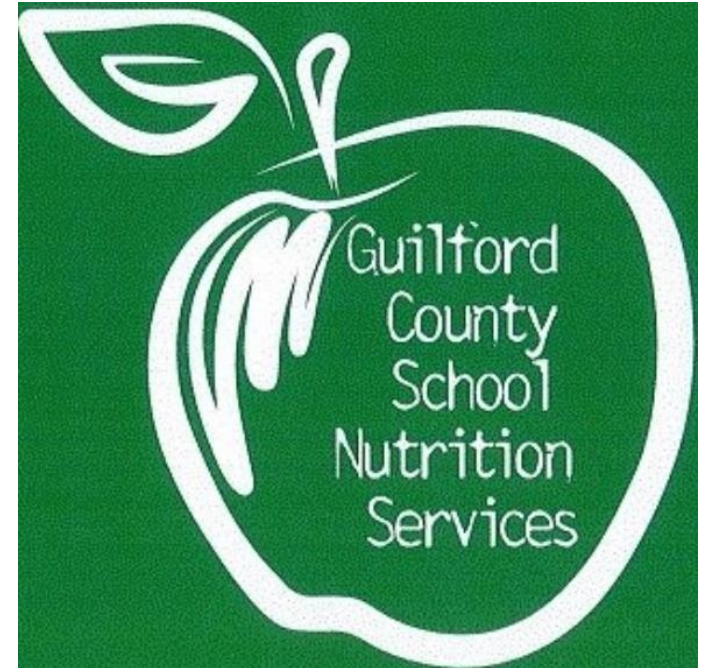
**THANKS!**

# Real World Examples

**Adnan Raja, Guilford County Schools**

## Breakfast After the Bell Q&A with Adnan Raja, Operations Supervisor

- District: Guilford County Schools:
  - 72,000 students
  - 126 schools in urban, suburban and rural areas
  - GCS is the third-largest district in North Carolina
  - Breakfast in the Classroom (BIC)
    - 5 High schools
    - 10 Middle Schools
- Breakfast Participation in High Schools
  - Example: Smith High School
    - Before BIC: 150 students participating
    - After BIC: 1000 students participating







## Questions?

Visit Share Our Strength's No Kid Hungry [Center for Best Practices](#) and [Playbook](#) for more information