

Getting Ready for Breakfast After the Bell

May 21, 2018



center for BEST PRACTICES

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AGENDA

- Introductions
- Breakfast After the Bell (BAB) Basics
- Choosing your model
- Getting your team together
- Implementation timeline
- Maintenance
- Q&A

POLL #1



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INTRODUCTIONS

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Senior Program Manager
Share Our Strength



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SHARE OUR STRENGTH

1. **INCREASING ACCESS** to and participation in federal nutrition programs currently available to children In-need, including school breakfast, summer meals and afterschool meals/snacks.

2. **EMPOWERING FAMILIES** through Cooking Matters courses and grocery tours with skills to stretch their food budgets and prepare nutritious meals on a limited budget for over 20 years.

3. **DRIVING AWARENESS OF CHILD HUNGER** and No Kid Hungry at the national, state and local levels by engaging the public around this critical issue.

ENDING CHILDHOOD HUNGER



ACCESS



EDUCATION



AWARENESS



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BAB Basics

Models & Participation Numbers

POLL #2

Traditional Breakfast in the Cafeteria Doesn't Work

- Bus or carpool does not arrive in time
- Stigma around eating breakfast in the cafeteria
- Reduced price might not be reduced enough
- Middle school or high school students may not be hungry
- Cafeteria is not convenient for student
- Socializing is more fun than eating alone in the cafeteria

SOLUTION -- Make Breakfast a Part of the School Day

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 1st and 2nd 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).

Choosing Your Model

Deep dive into each Breakfast After the Bell model

Breakfast in the Classroom

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.

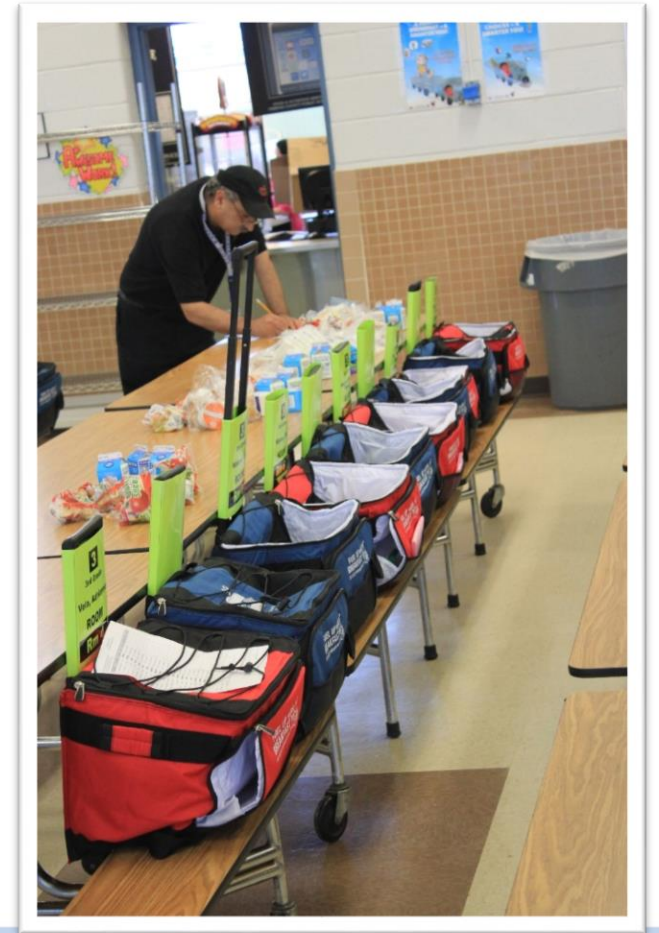
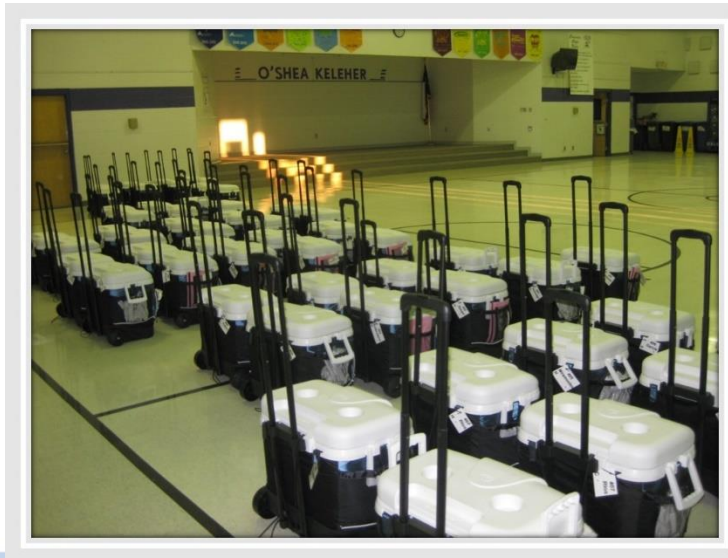
Record Keeping: Teachers or students track the number of students that participate in the school breakfast program each morning and send that information back to the cafeteria.

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

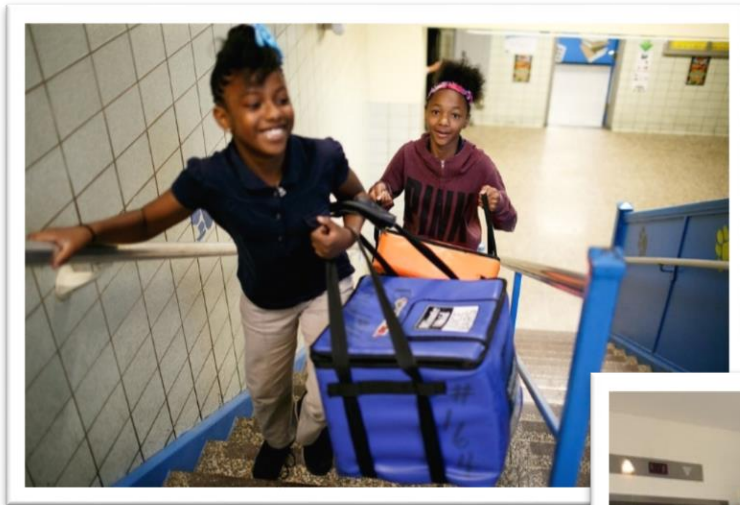
Prep: Cafeteria staff prep breakfast items in the cafeteria or central kitchen

In coolers/bags:

- Milk
- Fruit
- Grain items
- Unitized breakfasts
- Meal Count Form
- Additional breakfast options



Execution: Breakfast items are delivered to the classroom by cafeteria workers or students.



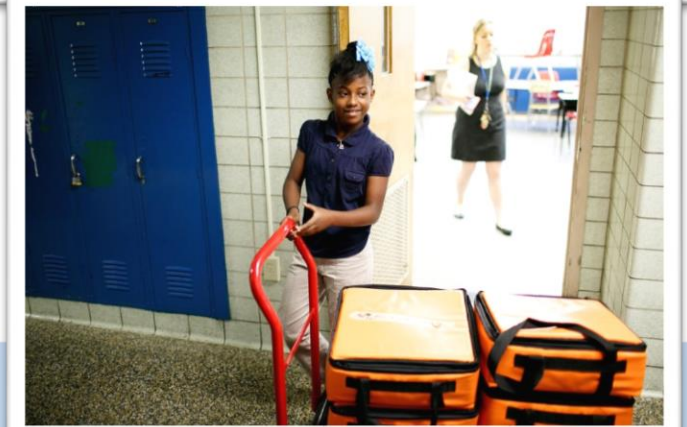
Record Keeping: Teachers or students track breakfast numbers

- Students take which ever combination of reimbursable meal components they want,
- Student tallies are recorded
 - ✓ Students record themselves by checking off their name on a list; or
 - ✓ Students are given a placard with a unique code to track their participation; or
 - ✓ Teachers tally the students that participate.



Clean-up: Students clean up

- Students clean up their desk/table (cleaning supplies are provided to classrooms);
- Students deposit all breakfast trash in separate trash can designated for breakfast trash;
- Students remove all breakfast trash from the classroom and bring it to a centralized location (e.g. larger trash can in hallway); Custodians collect group trash
- Students/cafeteria staff return equipment to cafeteria with student participation information (e.g. tally sheet), or equipment is left outside of the classroom for cafeteria staff to collect



Common Concerns – Breakfast in the Classroom

| Concern | Troubleshooting Technique |
|--------------------------------------|--|
| It's messy | Create an implementation plan with a daily clean up plan; provide necessary clean up supplies for classrooms |
| It will attract bugs/rodents | An efficient clean up plan will leave classrooms clean after breakfast service, preventing any pest issues |
| Loss of instructional time | Students who have full bellies will go to the school nurse less often and cause less classroom disruption, giving teachers more, not less instructional time |
| Teachers feel it's a burden for them | Teachers already buy food for their hungry students. This eliminates that burden. A robust implementation plan will prevent teachers from having to take on any unnecessary work |
| Custodians feel it will be more work | Students are a big part of trash clean up. Including custodians in the implementation plan can ensure there is a swift clean up plan without extra burden on them |

Grab and Go to the Classroom

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 coolers or crates: 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 (POS) systems track student participation at breakfast pick-up point.

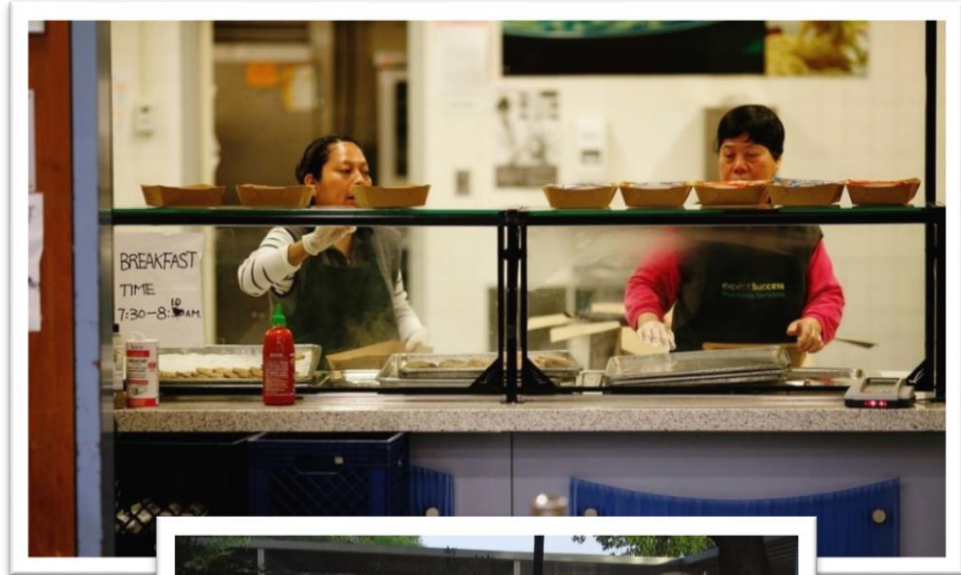
Clean-up: Students clean up their designated areas and remove any breakfast trash from the classroom.

Prep: Cafeteria staff prep breakfast items in the cafeteria/central kitchen, put on carts/quick cafeteria line

Breakfast Items on Carts/Kiosks, Vending Machines, or Quick Cafeteria Line:



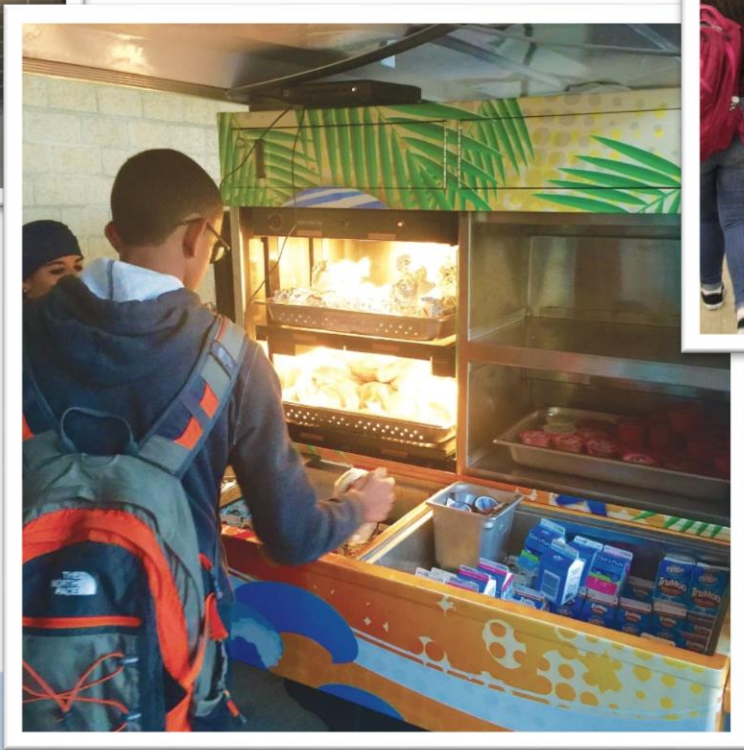
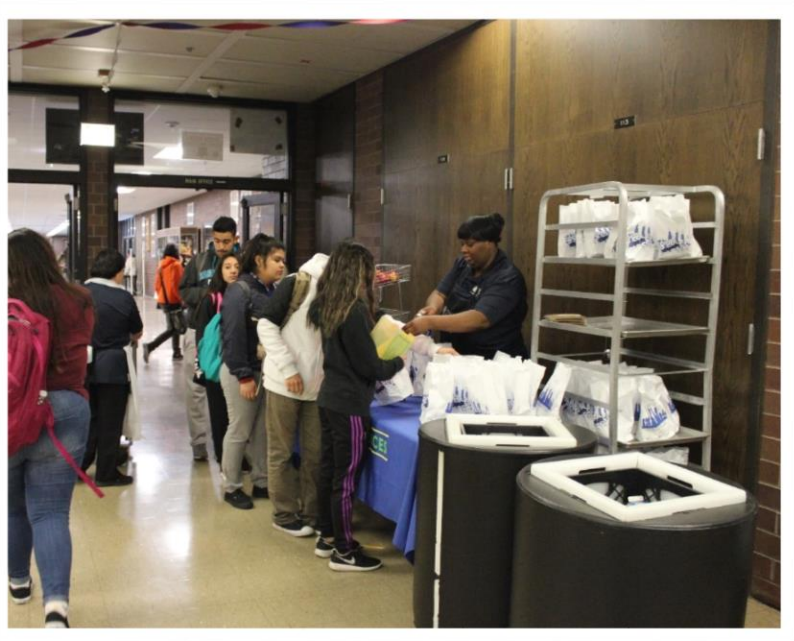
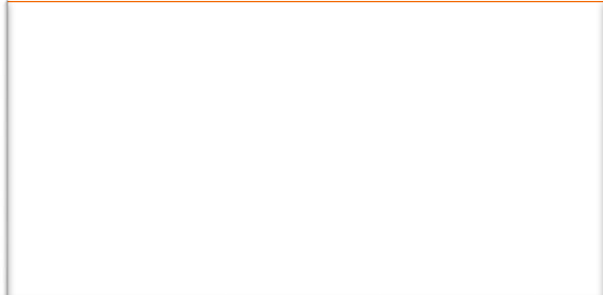
Prep: Cafeteria staff prep breakfast items in the cafeteria/central kitchen, put on carts/quick cafeteria line



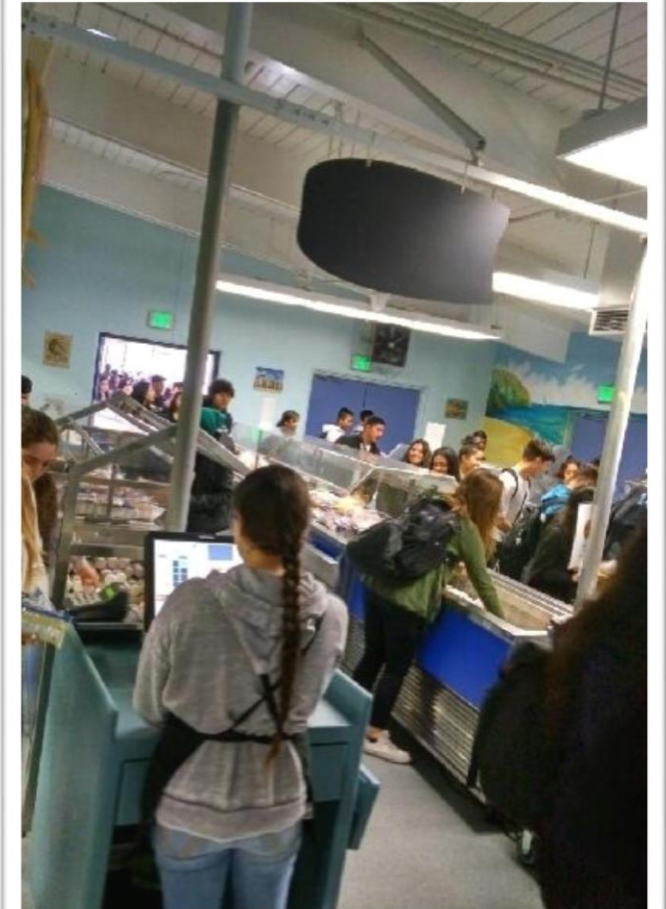
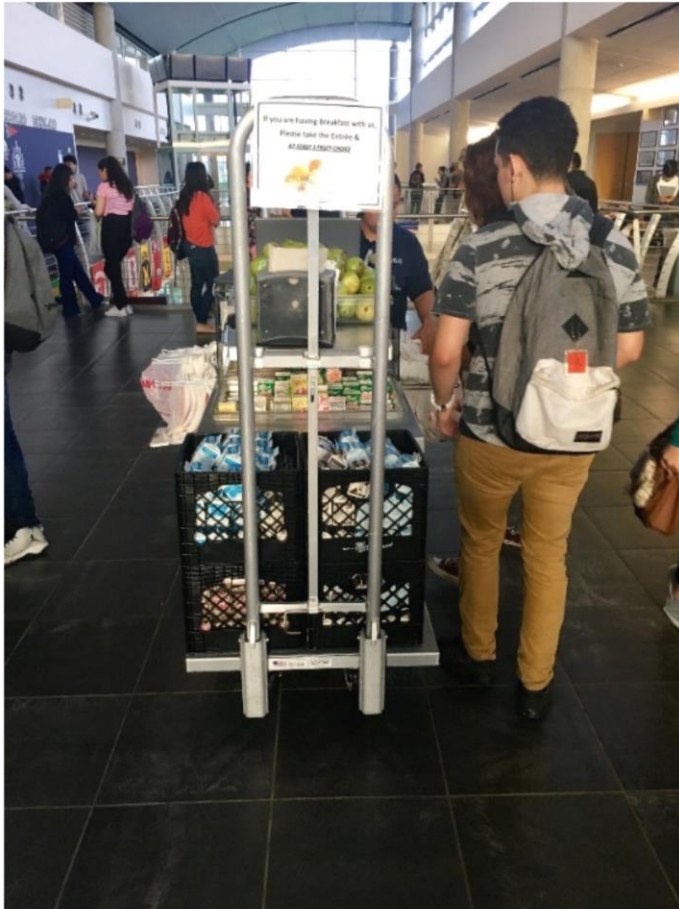
Students can help too!



Execution: Students pick up their breakfast and head to class



Execution: Students pick up their breakfast and head to class



Record Keeping: Point of Sales (POS) systems

For accurate record keeping, schools **must** use POS system track student participation at breakfast pick-up point.



Clean-up: Students & School Nutrition Staff clean up

- Students are responsible for clean up in their classrooms where they ate
- Students deposit all breakfast trash in separate trash can designated for breakfast trash;
- Students remove all breakfast trash from the classroom and bring it to a centralized location (e.g. larger trash can in hallway);
- School nutrition staff bring any remaining equipment back to cafeteria



Common Concerns – Grab and Go to the Classroom

| Concerns | Troubleshooting Technique |
|---|---|
| Pre-packed food is unhealthy | Educate concerned stakeholders about how robust the USDA breakfast regulations are; Encourage principals and teachers to eat school breakfast |
| There will be trash in the hallways | Create a detailed clean up plan, so each party knows who is responsible for keeping things clean. |
| Resistance to letting students eat in the classroom | If students don't eat in the classroom, they are less likely to eat breakfast. Create a robust implementation plan, with on-boarding for teachers and students. |
| Additional equipment may be needed | Not necessarily. Can start with quick cafeteria line, or use boxes and crates to offer food. |

Second Chance Breakfast

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

Common Concerns – Second Chance

| Concerns | Troubleshooting Technique |
|--|---|
| Unable to make time for Second Chance | May involve adding a few more minutes in-between classes, so engaging all stakeholders involved is necessary for planning |
| Same concerns for Grab and Go to the Classroom | See previous slides |

RESOURCES TO HELP

- [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](#)

Getting Your Team Together

ASSEMBLE A BREAKFAST TEAM

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

- Stakeholders: Teachers, Principals, School nutrition staff, Wellness coordinators, Custodians, Etc.
- Goals:
 - Educate stakeholders about the importance of **expanding access** to school breakfast,
 - ❖ Visit other school sites with BAB as example
 - Address concerns
 - Gain Buy-in
 - Inform stakeholders about how the new model may alter their morning routine,
 - Plan Breakfast After the Bell implementation
- Meeting Frequency:
 - Pre-BAB Implementation: regularly
 - Post-BAB Implementation: ad hoc basis

RESOURCES TO HELP

- [Pre-implementation Checklist](#)
- [Breakfast in the Classroom Rollout Timeline](#)
- [Grab and Go to the Classroom Rollout Timeline](#)
- [Talking Points for Introducing BAB to School Stakeholders](#)

[Center for Best Practices Website](#)

Implementation Timeline

IMPLEMENTATION TIMELINE

- Human Resources – who will make up the team
 - Project Manager
 - Technical Expert (can be on call, not daily team member)
 - Field Staff
- Facilities & Equipment
 - Food Service Equipment
 - Lay Out of School
- Marketing
 - Parent outreach
 - School/district stakeholder on-boarding
- Launch date

EQUIPMENT NEEDS

Equipment needs

- Grant? Application process
- Time to get equipment

School nutrition equipment

- Carts/Kiosks
- Coolers

Classroom/Hallway equipment

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

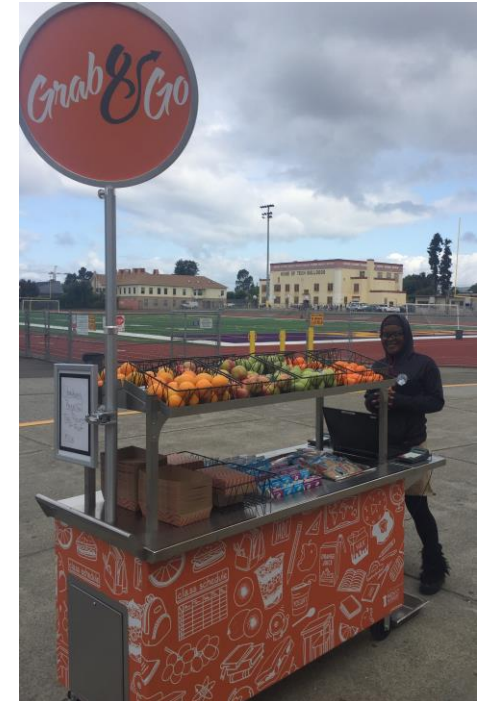
Resource: [BAB Equipment Tips](#)



Cooler Bag



Rolling Cooler



Portable Breakfast Kiosk

PARENT OUTREACH

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

- 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

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

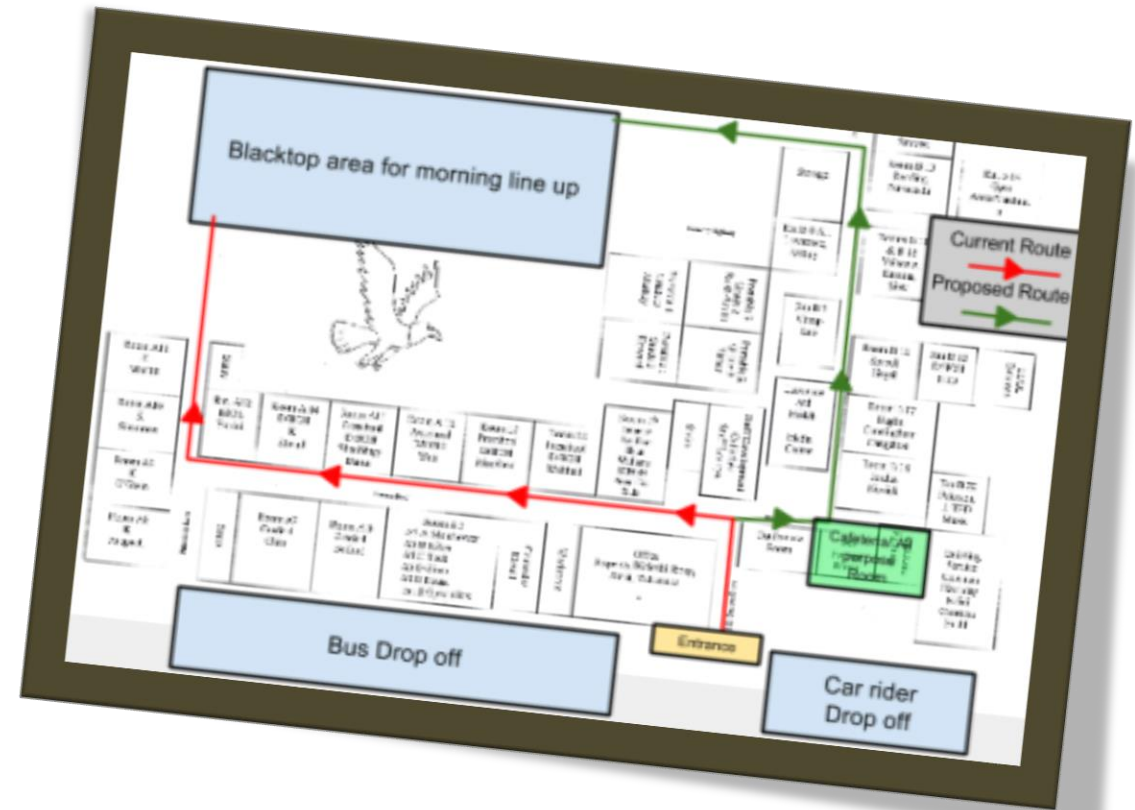
- Nutrition Service Staff
 - Why the change is happening
 - How it will affect their morning routines & assigned hours
- Students
 - Why the change is happening
 - How it will affect their morning routines
 - Universal Breakfast?
 - Dry run
- School Stakeholders:
 - Why the change is happening
 - How it will affect their job/schedule/hours
 - Dry run or explicit detail about the new process

LAUNCH DATE

When considering a launch date...think backwards

Consider:

- All Logistics that need to happen
- Equipment procurement
- BAB menu items procurement
- Stakeholder notification and on-boarding





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Maintenance

MAINTENANCE

- Adapting your program as need be
- Observations in real time
- Quantitative
 - Meal Counts
 - Waste
- Qualitative
 - School breakfast team check-ins
 - Informal interviews
- Troubleshooting



QUESTIONS?

