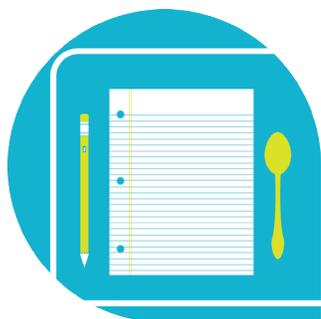


Serving Breakfast After the Bell

Traditional breakfast—served in the cafeteria before the school day begins—often has low participation due to factors ranging from tight schedules to concerns about stigma. Integrating the meal into the school day, by adopting alternative service models, increases accessibility and participation.

The following models make breakfast a normal part of the school day, and are the most successful strategies to increase participation and achieve the gains in academic success linked to school breakfast consumption. Models can be tailored to fit each school's unique needs.



Breakfast in the Classroom

This model is one of the most effective strategies for increasing school breakfast participation. Students eat breakfast in their classroom after the official start of the school day. Many teachers and principals cite it as an opportunity to incorporate social and emotional learning into the school day. In addition, sharing a meal in the classroom reduces the stigma associated with school breakfast and provides social bonding time.

HOW IT WORKS:

School nutrition staff packs breakfasts into coolers or insulated bags.

Breakfast is delivered from the cafeteria to classrooms by nutrition staff or designated students, via coolers or insulated rolling bags. Nutrition staff can serve breakfast from mobile carts in the hallways outside of the classroom.

Teachers, nutrition staff, volunteers, or students distribute meals to students at their desks or before they take their seats. Teachers or nutrition staff record which, or how many, students eat breakfast.

Students eat at their desks during the first 10 to 15 minutes of class, during morning announcements, or while the teacher takes attendance, reviews lessons, or checks homework. Some teachers use breakfast in the classroom as a means to teach nutrition, reading, science or math lessons.

Students clear breakfast trash and wipe down desks. Trash can be placed in the hallway to be collected by custodial staff and milk can be discarded in the sink or, if there is no sink, in a designated bucket. Coolers, bags and any leftover food are returned to the cafeteria by nutrition staff, designated students, or volunteers.

WHERE IT WORKS BEST

Breakfast in the Classroom works best where children always start the day with the same teacher. This makes delivery, counting, and claiming run more smoothly.

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Grab and Go

Grab and Go provides remarkable flexibility for schools. Students pick up conveniently packaged breakfasts from mobile service carts or vending machines in high traffic areas when they arrive at school or between classes.

HOW IT WORKS:

School nutrition staff packs reimbursable breakfasts into bags, boxes, or trays that are placed in the cafeteria or in carts, kiosks, or vending machines located in high traffic areas, such as hallways and entryways.

Students pick up breakfast when they arrive at school or on the way to class.

Participants are counted by nutrition staff through a point of sale system or with manual lists at carts and kiosks. Vending machines are synched to the point of sale system so students can swipe cards and/or enter ID numbers to access breakfast.

Students eat at their desks, in the cafeteria, on the way to class, or in other designated areas.

Menu items are typically easy to eat on the go.

Breakfast is generally consumed on the way to or during the first 10 or 15 minutes of class.

WHERE IT WORKS BEST:

Grab and Go breakfasts work particularly well in middle and high schools. Older students, who have varying schedules and are often on the move, enjoy the flexibility and choice it provides.

Grab and Go is an important option for schools without elevators, which makes it difficult to deliver meals to the classroom, and schools that want to have nutrition staff do the counting and claiming of meals.



Second Chance Breakfast

This model—also referred to as Breakfast After First Period or Mid-Morning Nutrition Break—helps reduce the stigma associated with school breakfast, which heightens during middle and high school.

HOW IT WORKS:

School nutrition staff serves breakfast after first period during a morning nutrition break or between classroom periods, either in the cafeteria, from carts in the hallway, or other locations.

Students eat in the cafeteria or take a bagged meal to eat between classes or during the next period. If breakfast is served from the cafeteria, students should have enough time between classes to pick it up and eat it there.

WHERE IT WORKS BEST:

Second Chance Breakfast works particularly well in secondary schools. Older students are often not hungry early in the morning and high schoolers tend to arrive later to school, leaving less time for breakfast. This model also works well for schools with later lunch periods.



FoodHelpNY.org
SummerMealsNY.org
SchoolMealsHubNY.org
AfterschoolMealsNY.org
HungerSolutionsNY.org

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