

READY, SET, BREAKFAST, GO!

A School Breakfast Toolkit



Kentucky Department of
EDUCATION



WHO WE ARE

School & Community Nutrition

The Kentucky Department of Education's Division of School and Community Nutrition administers several programs that deliver quality nutrition and nutrition education to Kentucky students and other citizens. These programs include the National School Lunch and School Breakfast Programs among others. In addition to the important mission of providing fuel for growth and learning, these programs bring into Kentucky more than \$350 million annually in federal reimbursement funds, employ several thousands of our fellow citizens and utilize thousands of dollars' worth of commodities produced by American farmers. For far too many our children, the meals that they receive through these programs are the only meals they consume that are planned with their nutritional needs in mind.



CHILDHOOD HUNGER IN KENTUCKY

Hunger is a reality for over 700,000 Kentuckians, including one in five children. They live in every single county in the Bluegrass state.

Food insecurity has a long-term impact on health, education and Kentucky's economy. Studies show that children living in food insecure homes are at a greater risk for poor health, nutritional deficiencies and obesity, as well as developmental delays and poor academic achievement. As youth spend much of their day in school, schools have the opportunity to play a critical role in alleviating these possible risks.

This is a problem with a solution. Programs like school breakfast are designed to close the gap between kids who have enough to eat and those who do not.

The School Breakfast Program helps children get a healthy start to their day. A significant body of research demonstrates students who receive school breakfast become better learners and are more willing to participate in the classroom.



1 IN 5 CHILDREN FACE HUNGER

Hunger in Kentucky by the Numbers

710,000

Number of people in Kentucky who struggle with hunger.

208,330

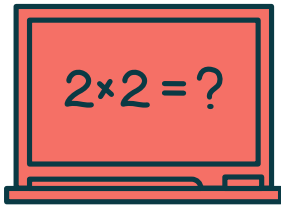
Number of children in Kentucky who struggle with hunger.

*From [Feeding America](#)

IMPACT OF BREAKFAST

School Breakfast Changes Lives

School breakfast can have a potentially dramatic effect on students. On average, students who eat school breakfast have been shown to:



Achieve **17.5%** higher scores on standardized math tests.



Attend **1.5** more days of school per year.

These impacts have potential long-term economic benefits as well:



Students who attend class more regularly are **20%** more likely to graduate from high school.



High School graduates typically earn **\$10,090** more per year and enjoy a **4%** higher employment rate.

Traditionally, schools have served students breakfast before school starts in the cafeteria. To encourage students' participation, schools have begun to provide alternative breakfast models. These breakfast models include Grab & Go, Breakfast in the Classroom, Breakfast as a Class and Second Chance Breakfast. This change can significantly increase breakfast participation rates by increasing convenience for students and combatting the stigma associated with school breakfast participation.

* From [*Ending Childhood Hunger: A Social Impact Analysis from No Kid Hungry*](#)

READY, SET, BREAKFAST, GO!

This toolkit series is designed to help with the launch and implementation of alternative breakfast models within schools in Kentucky. Resources are available within these toolkits to help school nutrition directors and other breakfast advocates with all aspects of the implementation process. There are several different ways to provide breakfast in your school, all of which have the potential to increase breakfast participation when combined with providing traditional breakfast before the school day. **Every school is unique. Explore the different options and find which program works best with your school.**

Breakfast Before the Bell Programs

Breakfast Before the Bell means breakfast is provided to children before the instructional day has officially begun. KRS 158.070 allows the superintendent of a school district that participates in the Federal School Breakfast Program may also authorize up to fifteen (15) minutes of the student attendance day to provide the opportunity for children to eat breakfast during instructional time. These breakfast models include:

Traditional Breakfast

Grab & Go to the Classroom

Grab & Go to a Common Area

Breakfast After the Bell Programs

Breakfast After the Bell means breakfast is provided to children after the instructional day has officially begun but does not prohibit schools from also providing breakfast before instructional day begins. Breakfast After the Bell program models include:

Breakfast in the Classroom

Breakfast as a Class

Second Chance Breakfast



BREAKFAST IN THE CLASSROOM

Preparation & Service

School nutrition staff pack breakfast meals to be picked up from the cafeteria or kiosks in the hallway on the way to class.

Timing

Students eat during the first 10-15 minutes of class during morning announcements or while the teacher takes attendance or reviews lessons.

Distribution of Meals

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

Clean-Up

Students clear trash and wipe down their own desks. Trash can be placed in the hallway to be collected by custodial staff.

WHAT ARE PEOPLE SAYING?

For several years, Madison Middle School has offered traditional breakfast in the cafeteria before school. Principal Amie Gallion noticed that the kids appeared worried about the stigma of waiting in line or showing up late to class because they wanted breakfast. This inspired the implementation of **Breakfast in the Classroom (BIC)**. “We go to every classroom and give all students breakfast to erase any stigma,” said Gallion. Since making breakfast a part of the school day and moving it into the classroom, the number of students eating breakfast has continued to climb each day. “We want breakfast made readily accessible for these kids because they are good and healthy meals!”



BREAKFAST AS A CLASS

Preparation & Service

School nutrition staff prepare breakfast in the cafeteria and serve a traditional breakfast.

Timing

Students come as a class at the start of the school day to eat breakfast.

Distribution of Meals

Led by their teacher, students collectively as a class go to the cafeteria to eat breakfast together. Students select their breakfast from a serving line before checking out at the register.

Clean-Up

Clean-up in the cafeteria is similar to traditional, before-school breakfast service.

WHAT ARE PEOPLE SAYING?

Tabitha Napier is the school nutrition director for Breathitt County Schools. Within Breathitt County, Highland Turner and Marie Roberts - Caney Elementary Schools both offer the alternative breakfast model of **Breakfast as a Class**. "We have great success with breakfast participation at these schools and I attribute a big majority of that success to our principals, Sabrina McElroy and Jason Fugate, for incorporating breakfast meal service into the daily schedule," said Napier. In the morning, all students enter the food service area through a side hallway door that is adjacent to the kitchen area. This allows the kids to enter directly in front of the serving line. The majority of students see something they would like to eat while passing through. Napier says, "Including breakfast time into their regular schedule and school day I think makes the world of difference by just giving kids the time and opportunity to eat!"



SECOND CHANCE BREAKFAST

Preparation & Service

Depending on the model used, students can eat in the cafeteria, similar to traditional breakfast or take a meal to be eaten in between classes or during the next period.

Timing

Students get food and take it into their first or second period of the day.

Distribution of Meals

School nutrition staff distribute meals and students are counted via the Point of Sale(POS) in the cafeteria or, if using kiosks, through a mobile POS, or on manual lists.

Clean-Up

In the cafeteria, cleanup is similar to a traditional breakfast. If at kiosks, adequate trash cans should be provided.

WHAT ARE PEOPLE SAYING?

Dane Ferguson has been the principal at Burns Middle School for 12 years and has always offered Traditional Breakfast in the Cafeteria. They were presented with the opportunity to start offering **Second Chance Breakfast**, which they decided to do so that they could reach more kids with breakfast. Before implementing Second Chance Breakfast only 43% of students were eating breakfast every day. Since making breakfast more accessible, the number of students eating breakfast has climbed to 95%! “Kids really enjoy the Second Chance Breakfast and are appreciative. They feel better, have less visits to the health room, and they are more awake and ready for the day,” said Ferguson. “Sometimes we take for granted that our kids are eating breakfast every day. There are many students who don’t have the resources at home to eat in the morning and that number is continuously growing. Providing free breakfast at school can help decrease that.”



GRAB & GO BREAKFAST

Preparation & Service

Breakfast will be transported to each classroom by school nutrition staff, designated students or volunteers.

Timing

Students pick up breakfast meals as they arrive at school and eat on the way to class or at their desks after the bell during the first 10-15 minutes of class.

Distribution of Meals

School nutrition staff distribute meals and students are counted via the POS system in the cafeteria or, if using kiosks, through a wireless POS, or on manual lists.

Clean-Up

Students clear trash and wipe down desks. Trash can be placed in the hallway to be collected by custodial staff.

WHAT ARE PEOPLE SAYING?

Bowling Green Independent School District's Director of Food Service Operations Dalla Emerson has been a creative and active force to find new ways to serve breakfast to the kids in her district. With the breakfast participation being so low, they saw the need and wanted to fix it. They started exploring potential programs that would make breakfast more accessible for the children. "We had some carts and decided to roll them out and see what would happen," said Emerson. **Grab N' Go Breakfast** allows students to pick up their school breakfast from kiosks in the hallways before school and eat on their way to class or at their seats during the beginning of class. Since implementing this new model, the district has reached, "It has been a big success! We looked at the numbers and we're like, 'That can't be!'"



THANK YOU AND QUESTIONS

We hope this breakfast model toolkit will be a helpful ongoing resource to assist you in learning more about Alternative Breakfast Models. This is part of a series of toolkits designed to help with the implementation of alternative breakfast models including:

Grab and Go, Breakfast as a Class, Breakfast in the Classroom, and Second Chance Breakfast.

If you have any questions, or if you would like to speak with someone regarding your breakfast program, you may contact:

The Kentucky Department of Education's Division of School and Community Nutrition

kyschoolnutrition@education.ky.org

502-564-5625

This institution is an equal opportunity provider.



Kentucky Department of
EDUCATION

