



Breakfast = Achievement



A hungry stomach can lead to an empty mind. Breakfast helps students be their best. Studies conclude that good nutrition leads to improved classroom performance, higher test scores and better behavior. It can be a challenge to get students to the cafeteria before school, consider making breakfast part of the school day with these alternative breakfast programs that work.

Breakfast in the Classroom

Many schools that have implemented Breakfast in the Classroom deliver pre-packaged food items to the class before the bell rings. Students eat at their desks in 10 to 12 minutes during attendance and announcements or while teachers read aloud.

Grab 'n' Go Breakfast

Serving carts located in easily accessible locations such as the cafeteria or near the school entrance provide a quick and nutritious meal for students. With disposable packaging and strategically-placed trashcans, Grab 'n' Go breakfasts are a practical and appealing way to reach hungry kids in a hurry.

Breakfast After 1st Period

Served in the cafeteria or from carts or tables at a central location in the school, Breakfast After 1st Period is ideal for secondary students.

Big benefits

Alternative breakfast programs...

- offer time-deprived parents a solution
- provide students with a social setting for eating with friends
- accommodate bus schedules
- make breakfast convenient and accessible to all as part of the school day

Research confirms that breakfast eaters...

- have higher test scores, work faster, make fewer errors and are more creative
- are less likely to be sent to the principal or visit the school nurse
- are more cooperative and get along with classmates
- are healthier and have improved attendance
- are more able to concentrate on learning

School Nutrition Association Expanding Breakfast Training Manual and Kit

Designed to assist schools to start an alternative breakfast program, this manual helps identify options, provides guidance on financial evaluation and more. Video included.

emporium.schoolnutrition.org
800-728-0728

Breakfast...A Wellness Policy Solution

Only 13 percent of students participate in the National School Breakfast Program in Washington.

INCREASES attentiveness and achievement

IMPROVES children's ability to learn

REDUCES behavioral problems

IMPROVES children's diets

HELPS reduce obesity



Ready, set...

Talk to other districts that have successful programs

Gain commitment from administrators, food service staff, teachers and parents

- current teacher participants report the benefits of having children settled and ready to learn, far outweigh the additional effort

Conduct a pilot test to generate support and first-hand proof

Plan for trash

- deliver a trash bag with the breakfast. Arrange for quick hallway collection by custodial staff

go!

Focus on the benefits rather than the obstacles

- think about what's best for students

Anticipate some resistance to change

Witness fewer nurse visits for headaches and stomachaches

what?

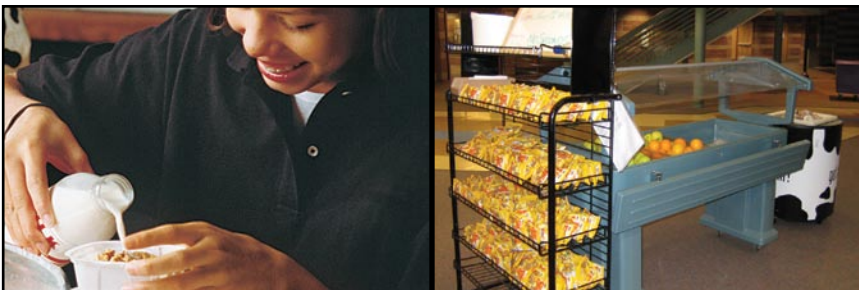
Frequently Asked Questions:

What about lost instructional time? Teachers report they have actually gained instructional time due to fewer nurse visits and less tardiness and absenteeism. Also, it allows children the time to quietly socialize, settle down and get organized for the day.

How messy is breakfast outside the cafeteria? It's not messy. We've taken the necessary steps to provide easy-to-serve, -eat, and -cleanup, nutritious breakfast foods to minimize labor and mess.

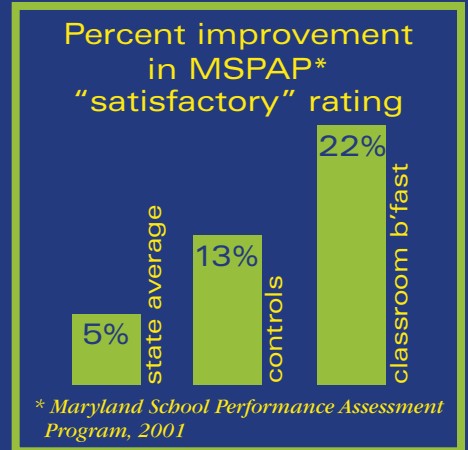
How much extra work is involved? Breakfast in the classroom is a little more work, but it's probably much less than you think. Current teacher participants, even the skeptical ones, have found it well worth the effort and want their programs to continue.

*May be reproduced for educational purposes.
Developed by Wyoming Action for Healthy Kids.*



Breakfast Programs Boost Brain Power

Maryland Meals for Achievement breakfast program offers classroom breakfast to all students. The program found tardiness declined 8 percent, suspensions decreased 1.6 days per month, standardized test scores increased 17 percent over the state average and behavior improved.



marylandpublicschools.org/MSDE/programs/schoolnutrition/meals_achieve.htm

By offering a nutritious breakfast to all students at little or no charge in more than 300 elementary schools, Minnesota's Fast Break to Learning school breakfast program helped prepare more than 40,000 children for a full morning of learning. The results from this breakfast program further support the link between making school breakfast available, students' readiness to learn and academic achievement. For more info, fns.state.mn.us/FNSProg/PDF/AllProg/Resources/FastBreakToLearn01_02.pdf

RESOURCES:

- frac.org
- fns.usda.gov/cnd/breakfast/toolkit
- nutritionexplorations.org

Healthy eating
and activity can improve

test scores
academic success
attendance
energy levels
participation
school behavior