

BREAKFAST in the classroom

NEA Health Information Network School Breakfast Toolkit

Why Is Breakfast Important?

Many Americans experience hunger and food insecurity.

In 2009, 14.6 percent of households—about 50 million people—were food insecure at least some time during that year (i.e. having limited or uncertain access to nutritious, safe foods necessary to lead a healthy lifestyle), including 17.2 million children. That's more than 22 percent of all children in the United States. On average, Black (24.9 percent) and Hispanic (26.9 percent) households experience food insecurity at far higher rates than the national average.[1]

Missing meals and experiencing hunger impair children's development and achievement.

Studies published in the *American Journal of Clinical Nutrition, Pediatrics,* and the *Journal of the American Academy of Child and Adolescent Psychiatry* document the negative effects of hunger on children's academic performance and behavior in school.[2]

- Hungry children have lower math scores and are more likely to have to repeat a grade.
- Children experiencing hunger are more likely to be hyperactive, absent and tardy, in addition to having behavioral and attention problems more often than other children.
- Children with hunger are more likely to have repeated a grade, received special education services, or received mental health counseling than low-income children who do not experience hunger.

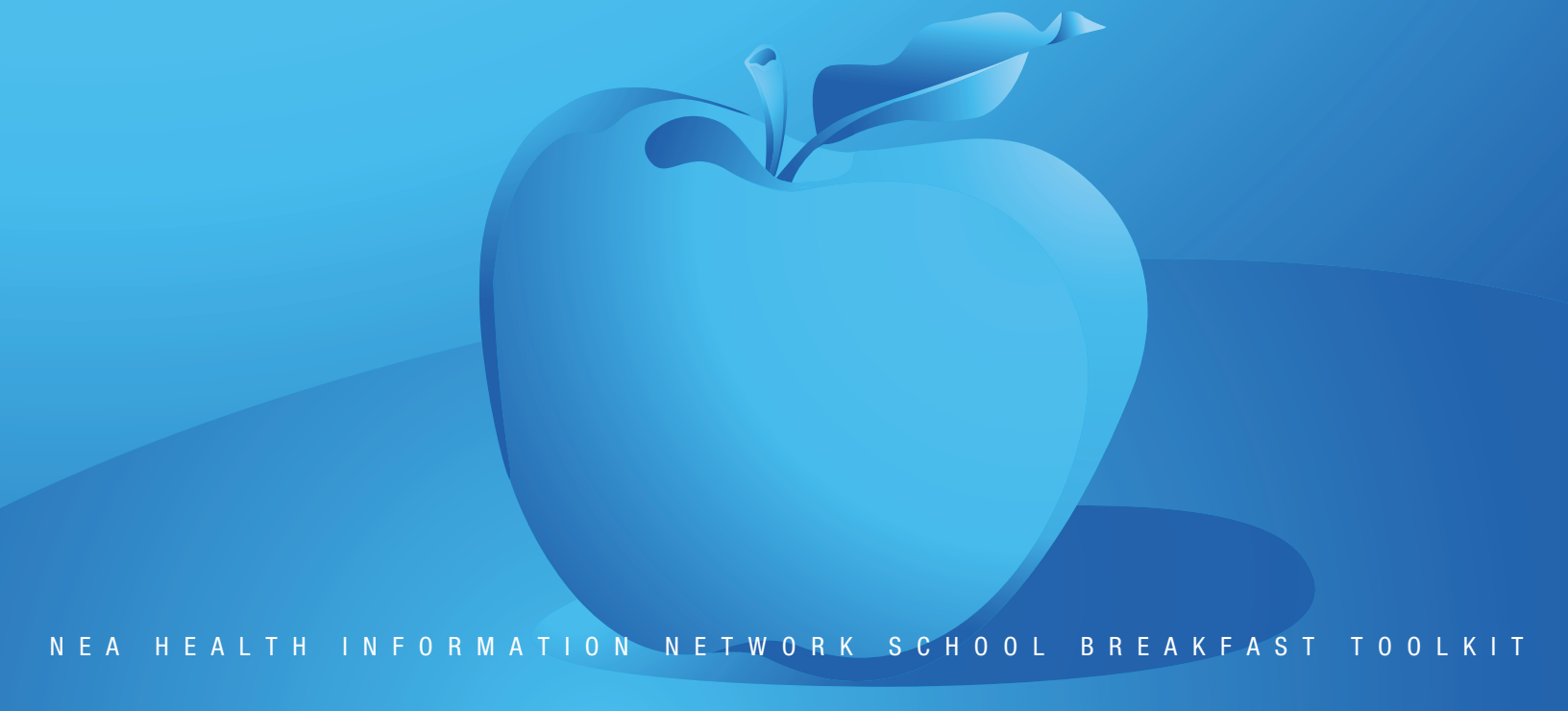
Breakfast plays a significant role in shaping the learning environment.[2]

- Eating breakfast at school helps children perform better. Numerous published studies show that academic achievement among students who eat school breakfast tends to improve, especially in vocabulary, math, and standardized tests.
- Students who eat breakfast at school have better attendance and tend to behave better. In studies of school breakfast programs in Massachusetts, Maryland, Minnesota, and Rhode Island, scientists found that students who eat breakfast at school have better attendance records, are less likely to be tardy, and exhibit fewer behavioral and psychological problems than students who do not eat breakfast at school.
- Eating breakfast can improve children's diets and may reduce their risk of obesity. Studies show that children who regularly eat breakfast have a better quality of nutrient intake and are less likely to be overweight or obese. In fact, regularly eating breakfast may serve as a safeguard against childhood obesity.

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1 U.S. Department of Agriculture

2 Food Research and Action Center. Breakfast for Learning: Scientific research on the link between children's nutrition and academic performance. Available at: http://frac.org/wp-content/uploads/2009/09/breakfastforlearning1.pdf



What Is the School Breakfast Program?

The School Breakfast Program provides federally assisted meals in public and nonprofit private schools and residential child care institutions. Like the National School Lunch Program, it is administered at the federal level by the United States Department of Agriculture (USDA), through its Food and Nutrition Service. At the state level, the program is usually administered by state education agencies, which operate the program through agreements with local school food authorities in more than 87,000 schools and institutions.

School districts, charter schools, and private schools that choose to take part in the breakfast program receive cash subsidies from the USDA for each meal they serve. In return, they must serve breakfasts that meet federal requirements, and they must offer free or reduced-price breakfasts to eligible children. School Breakfast Program federal reimbursement rates for the 2011-12 school year are shown below:

2011-2012 School Year	*Federal Reimbursement Rates**	*Student Meal Cost*
Free Breakfast	$1.51	Free
Reduced Price Breakfast	$1.21	< $0.30
Paid Breakfast	$0.27	$1.00-1.25

**Schools where at least 40 percent of the lunches served during the same period two years prior were free or reduced price may qualify for extra "severe need" reimbursements of $0.29 per free or reduced price breakfast served.*

On average, less than half of the children who are eligible for free or reduced-price breakfast through the federal School Breakfast Program are eating it. According to the USDA, in the 2008-09 school year an average of 11 million children participated in the School Breakfast Program and 31 million children participated in the National School Lunch Program. Implementing universal school breakfast in addition to an alternative meal delivery model such as Breakfast in the Classroom can help increase School Breakfast Program participation.

For more information, visit the USDA Food and Nutrition Service website: http://www.fns.usda.gov/cnd/.

What Is Universal School Breakfast?

Universal school breakfast refers to any program that offers breakfast at no charge to all students, regardless of family income. Schools can provide universal school breakfast to students by opting for Provision 2 status within the federal School Breakfast Program.

Provision 2[1]

Provision 2 is an option outlined in the National School Lunch Act that enables schools and institutions to provide free meals to all students without the burden of collecting applications and tracking and verifying school meal data every year. Any school that participates in the National School Lunch Program or the School Breakfast Program may opt for Provision 2. However, typically only schools with high percentages of low-income students—75 percent or more—are able to utilize this option. Under Provision 2:

- All students receive free meals, regardless of income, and schools collect applications for free and reduced-price meals once every four years, at most.
- Schools do not have to track and record the different categories of meals served for at least three out of every four years.
- The school pays the difference between the cost of providing meals at no charge to all students and the federal reimbursement for those meals. In most cases, the significant administrative savings and increased meal participation (i.e. economies of scale) of Provision 2 help offset the cost difference.
- Provision 2 can be done with breakfast and/or lunch, by school or by district. Experience has shown that schools save more in administrative and time costs if Provision 2 is used for both breakfast and lunch.

Benefits of Universal School Breakfast

Increased student participation: Nationally, less than half of children who are eligible for free or reduced price breakfasts through the federal School Breakfast Program are eating it. Studies show that universal school breakfast programs dramatically increase student participation in school breakfast.[2] For example, Newark Public Schools in New Jersey saw a more than 150 percent increase in school breakfast participation after it implemented universal breakfast in the classroom at all 75 elementary and middle schools in the district during the 2004-2005 school year.[3]

Reduced stigma for kids: Many students who are eligible for free or reduced-price school breakfast do not participate because of the stigma that only poor students go to the cafeteria for breakfast before school. By offering breakfast at no charge to all students, some of the stigma of eating school breakfast is eliminated.

Less paperwork (Provision 2): Provision 2 schools collect applications, record and track meal categories and conduct meal verifications once every four years, at most. Under Provision 2, lunch tickets, PIN numbers, and ID cards for breakfast are no longer necessary since all students eat for free.

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1 Food Research and Action Center. Provision 2 of the National School Lunch Act. Available at: http://frac.org/newsite/wp-content/uploads/2009/05/provision2.pdf

2 Food Research and Action Center. Breakfast for Learning: Scientific research on the link between children's nutrition and academic performance. Available at: http://frac.org/wp-content/uploads/2009/09/breakfastforlearning1.pdf

3 Food Research and Action Center. Universal Classroom Breakfast. Available at: http://frac.org/wp-content/uploads/2009/09/universal_classroom_breakfast_fact_sheet.pdf

What Is Breakfast in the Classroom?

School breakfast can be served in multiple ways, depending on the needs and capacity of the district. Alternative meal service methods such as Grab n' Go and Breakfast in the Classroom have been shown to increase participation in the School Breakfast Program.

TOP THREE BREAKFAST MODELS:

A good way - Breakfast in the Cafeteria

A traditional breakfast model where breakfast is served and eaten in the cafeteria either before or after the school bell. Benefits are that hot food can be served easily and food requires no special transportation or packaging. In addition, the cafeteria is already set up to facilitate service of a large number of students in one central location. The downside of this model is that when breakfast is served before the official school day begins, many hungry students may not receive the meal due to an inability to get to school early, pressure to go directly to the classroom upon arrival at school and a stigma that only low-income students go to the cafeteria for breakfast.

A better way - Grab n' Go

An alternative breakfast model where students pick up bagged meals from mobile service carts equipped with a computer or point-of-service machine placed at the school entrance or another high-traffic area. Food service staff pack breakfasts into individual paper bags, usually the day before, or purchase prepackaged breakfasts in boxes to be served with milk the next morning. Breakfasts are usually cold, but can include hot items as well. Students can take the breakfast and eat it outside, in the hall, in class, or in the cafeteria, depending on what the school decides is appropriate. This model is convenient for students and takes less time to prepare than conventional cafeteria-served breakfast.

The best way! - Breakfast in the Classroom

An alternative breakfast model where breakfast is eaten in the classroom after the official start of the school day. A breakfast of easy-to-eat items, such as breakfast sandwiches or burritos, low-fat muffins or cereals, plus milk and fruit or juice, are brought from the cafeteria to the classroom on mobile service carts or in rolling insulated bags by students or food service staff. Students pick up a breakfast from the service bags and eat at their desks or a designated area in the classroom. When finished eating, students place their trash in a trash bag or rolling trash bin. At the end of breakfast, the trash bag is left outside the classroom or brought to a central location for pickup by custodial staff. From start to finish, Breakfast in the Classroom takes about ten minutes and is usually considered part of instructional time. To make use of breakfast time, many teachers and educational support staff incorporate morning activities (i.e. attendance, morning announcements), reading out loud, nutrition tips, or traditional lesson plans into the allotted classroom breakfast time.

Benefits of Universal Breakfast in the Classroom: Universal breakfast in the classroom encourages participation and eliminates the barriers that prevent students from receiving school breakfast in a traditional cafeteria-based model. All students eat breakfast at no charge in their classroom, either at the beginning of the school day or early during the day.

A wide body of research proves that a Breakfast in the Classroom model is the single best way to increase participation and achieve the widespread gains in academic success linked to school breakfast consumption. Schools that provide universal breakfast in the classroom report decreases in discipline, psychological problems, visits to school nurses and tardiness, and increases in student attentiveness and attendance, as well as generally improved learning environments.



What Does Universal Breakfast in the Classroom Mean for Me?

Teachers

Breakfast in the Classroom need not create extra work for teachers and paraprofessionals. Food service staff will continue to handle meal preparation and logistics; the only extra requirement for teachers is to complete a daily accountability roster to note which students take full meals. The roster can be easily completed by the teacher during attendance or done by a paraprofessional. Students, paraprofessionals, or volunteers can be responsible for carrying the bags of food to the classrooms, taking food out from the insulated bags, disposing of trash, and returning the insulated bags to the cafeteria. For students, helping with the delivery and serving of breakfast can be an opportunity for leadership development or community service.

Keep in mind that implementing Breakfast in the Classroom will require changes to the beginning of the school day and may be challenging during the first few days as a routine for breakfast is being established. In most cases where Breakfast in the Classroom has been implemented, teachers and paraprofessionals report that any additional work or initial issues were outweighed by the benefits of students becoming more focused, settled, and ready to learn after breakfast. An important key to the success of Breakfast in the Classroom is school-wide education about the program's benefits along with training for teachers and paraprofessionals on Breakfast in the Classroom prior to the program's implementation.

Food service staff

Shifting to Breakfast in the Classroom does not have to mean more work for food service personnel, and proper training for the program can enhance the potential for fewer issues at the onset. Depending on the current breakfast service method of your school, Breakfast in the Classroom can be set up to work with current operations with very little change. When compared to traditional breakfast and lunch service, Breakfast in the Classroom requires the same amount of staff labor. Food service personnel run their regular kitchen operations, but pack food into bags rather than serving the food to students through the service line.

Custodial staff

Shifting to Breakfast in the Classroom does not necessarily mean more work for custodial staff, just a change in the trash removal procedure. A major concern when implementing Breakfast in the Classroom is the effect of bringing food into the classroom, including pests and unmanaged trash. School districts where Breakfast in the Classroom has been implemented have found ways to manage this concern. Some strategies include:

- **Trash Removal:** Students are responsible for clearing away their trash into trash bags or rolling trash bins after eating. Classroom representatives return the trash bags or bins to the cafeteria, or place them outside the classrooms for custodial staff to collect. Custodial schedules can be adjusted to facilitate collection of the additional trash bags.

- **Pest Prevention/Control:** Pest prevention is a common concern for school administrators and staff when implementing Breakfast in the Classroom. Teachers can teach children how to manage minor spillage and clean up properly to prevent pests. Specific strategies vary by school; the best plan to prevent problems is good communication and training for all custodial staff at the outset of the program's implementation to develop a particular strategy. For information on school cleaning strategies and tips, refer to the *"Cleaning for Health in the School"* insert in this toolkit.

- **Recycling:** Milk and juice cartons are recyclable and recycling breakfast cartons is a great way to teach students about environmental sustainability. If your school does not have a recycling program, the Carton Council has produced a great "Go-Green Guide" program to start carton recycling that you could share with your administration. For more information and to download the guide, visit: http://www.recyclecartons.com/schools.html.

Frequently Asked Questions

How long does Breakfast in the Classroom take, and will it take away instructional time?

Concerns about lost instructional time have been raised; however, in practice, little teaching time is lost when using a Breakfast in the Classroom model. From start to finish, Breakfast in the Classroom usually takes about 10-15 minutes to serve, eat, and clean up. Teachers report that Breakfast in the Classroom does not take away from instructional time, since breakfast usually takes place during morning announcements and attendance – time that previously was not being used for regular classroom instruction anyway. In some cases, moving breakfast into the classroom can lead to a gain in instructional time because students are already settled down and focused when instruction begins. Teachers can also choose to incorporate classroom instruction into breakfast time. Some ideas include oral language exercises, chalkboard math problems, reading out loud or lessons about hand hygiene, healthy eating, and table manners. Refer to the *"Hand Hygiene"* and *"Favorite Breakfast Books"* inserts in this toolkit for more ideas.

We don't have extra staffing in our school to serve Breakfast in the Classroom. Will Breakfast in the Classroom create additional work for teachers?

Many schools have successfully implemented a Breakfast in the Classroom program without hiring additional help. A common myth is that teachers have to work "off contract" in order to successfully implement Breakfast in the Classroom. In reality, instruction or administrative activities occur during breakfast, thus making breakfast time "count" as allowable instructional time. The only extra requirement for teachers is to complete a daily accountability roster to note which students take full meals. The roster can be easily completed by the teacher during attendance or done by a paraprofessional. Teachers are not expected to handle the food served during Breakfast in the Classroom and therefore will not need to get a food handling certification to participate.

What are the benefits to teachers of having Breakfast in the Classroom?

There is well-documented research demonstrating that children who eat breakfast at school have improved classroom performance, better test scores and grades, increased ability to concentrate, better attendance, and less disciplinary problems, tardiness, and visits to the nurse. Many teachers already spend their own money to buy snacks and other food items for students to eat in their classroom when breakfast is not available at school. With Breakfast in the Classroom, children will start the day fed and ready to learn. Some schools also provide a free breakfast to teachers as an added incentive for Breakfast in the Classroom; speak to your school administrator to see if this benefit is available at your school.

Will Breakfast in the Classroom make my classroom dirty?

As long as students are provided with a structured routine for the service and clean-up of breakfast, Breakfast in the Classroom has not been shown to result in dirty classrooms. When adopting Breakfast in the Classroom, teachers simply develop an in-classroom service plan that works best for their particular students. For example, teachers can choose a self-serve model where students pick items directly from an insulated bag at the front of the classroom, or choose to have student helpers or paraprofessionals deliver breakfast items to each student at their desks. Teachers can also enlist students to help with clean-up – each student cleans up his or her own desk after eating breakfast; alternatively, student helpers or paraprofessionals can assist with clean-up of desks after breakfast is eaten. For younger students, teachers or paraprofessionals might need to initially model for students how to clean up and dispose of breakfast items. After a few weeks, students develop routines and classroom-eating manners, eliminating any initial issues with bringing food into the classroom. Another reported benefit of Breakfast in the Classroom is an improvement in students' table manners and mealtime social skills.

How does Breakfast in the Classroom fit in with my school's Integrated Pest Management plan?

Breakfast in the Classroom does not have to be at odds with Integrated Pest Management (IPM). The secret to success is clear, consistent communication between custodial and food service staff to ensure that breakfast foods are easy to eat, serve, and clean up. For example, food service may want to serve foods like bagels or tortilla wraps instead of muffins to minimize crumbs. Classrooms should also be equipped with paper towels or wipes so students can clean desks before and after breakfast, and with large trash bags with stands or rolling trash bins to facilitate easy disposal of trash from breakfast service. If your school does not have an IPM plan, talk to your school administrator about putting one in place.

Frequently Asked Questions (continued) ▶

Will Breakfast in the Classroom create additional work for custodians?

Many custodians have successfully worked with school administrators and staff to implement Breakfast in the Classroom programs. A shift to Breakfast in the Classroom need not require extra work for custodial staff as long as it is properly implemented. Typical foods in a Breakfast in the Classroom program are easy to serve, eat, and clean up, reducing the likelihood of spills and crumbs. Most schools provide large trash bags or a rolling trash bin to each classroom, which are placed in the hallway or a central drop-off location after breakfast for custodial staff to collect. Custodial staff also benefit from not having to clean the cafeteria after breakfast before preparing for lunch. Many schools have common areas for lunch room and physical education classes, which often causes scheduling problems. In these cases, the Breakfast in the Classroom program could actually reduce custodial clean-up time, giving custodians more time to focus on other tasks, and allowing for more effective use of common areas.

Shouldn't it be the parents' responsibility to feed their child breakfast at home?

Parents who choose to have their children eat breakfast at school are responsible parents! Busy parent lifestyles and bus and commuting schedules can interfere with children being fed breakfast at home. In addition, many children report not feeling hungry first thing in the morning but have a better appetite later in the morning. Serving breakfast at school, after the opening bell, provides all students with the morning nutrition they need to start their day.

Breakfast is already offered in the cafeteria at my school and hardly any students participate. Does moving breakfast into the classroom really increase participation?

One of the greatest benefits of an alternative service model such as Breakfast in the Classroom is that it can dramatically increase participation. In fact, Breakfast in the Classroom is associated with the highest school breakfast participation rates, which can be as high as 98 percent of the school's enrollment. With traditional before-school, cafeteria-based breakfast models, it may be difficult to attract students due to bus schedules and drop-off times. Often students are in a rush and preoccupied with getting to class and talking to friends, so even if they are hungry they do not take the time to go to the cafeteria. In addition, there is often a stigma that students eating school breakfast in the cafeteria are low-income, which keeps many students away, regardless of their income level. When breakfast is served to all students in the classroom, after the opening bell, any stigma and schedule issues are removed.

Student Activities for Breakfast Time[1]

Breakfast in the Classroom provides an excellent opportunity to fuse breakfast and learning. Below are some ideas for integrating Breakfast in the Classroom with instruction.

- **Read-Aloud Time**—Read to students from a picture or chapter book while they are eating. Once a week, read a book that has to do with nutrition and/or being physically active. Students may also enjoy listening to books on tape.
- **Combine Breakfast and DEAR (Drop Everything and Read)**—Allow students time for self-selected silent reading while they eat.
- **Practice Math Facts**—While students eat, play a game with flash cards (e.g., Around the World) where two students race to give the answer to the math class and the student who wins moves on.
- **Practice Spelling Words**—While eating, play a word game (e.g., Sparkle) where students take turns giving the next letter in a spelling word until it is spelled correctly.
- **Show Instructional Media (e.g., television programming or DVDs)**—View content relevant to what the students are learning while they are eating.
- **School News Program**—Do you have a school news program? If not, consider starting one. Have classes take turns recording a school news program. Create DVDs and distribute schoolwide; let students watch the school news while eating breakfast.
- **Current Events**—During breakfast, distribute articles related to current events. Prepare copies of newspaper editions and/or record news stories. Have students discuss and debate current events.
- **Life Skills/Character Education**—Use breakfast time to learn about important Character Education skills. Apply the skills to the context of eating school breakfast (e.g., when students help serve and clean up breakfast, they are learning about "responsibility").
- **Food Pyramid Sort and Log**—Teach students how to eat healthy by using the Food Pyramid as a guide; discuss the importance of variety and balance. Provide younger students with Food Group Sorting Placemats (to make the placemat: on construction paper, create a five-column chart, label it with the five Food Groups, and laminate). Students can use the placemats while they eat breakfast and sort the items in their daily breakfast into the proper food groups as they are eating. If the chart is laminated, students could create tally marks on the sorting chart using a dry erase marker.
- **Vocabulary Development**—Work with words that the students are learning during breakfast. Students can list the names of the foods they are eating and put them in alphabetical order, study the history of the food, list adjectives that describe the food, and list verbs that describe the way that they eat the food.
- **Demonstrations**—Use breakfast time to demonstrate something that you will be teaching about later. Perhaps you are going to demonstrate how to write a personal narrative. Teach it while they eat. Science demonstrations work well too.
- **Fine Arts**—As they eat, have students listen and react to a variety of music, or view and discuss a slideshow of art collections.
- **Presentations**—Schedule students' book reports, speeches, or small-group presentations during breakfast.
- **Family Breakfast**—Once a month, invite family members for breakfast. Display student work and portfolios, which can be reviewed during that time.
- **Storytelling or Reader's Theatre**—Use breakfast time for you or students to present prepared and rehearsed storytelling performances, or for small groups of students to conduct a Reader's Theatre.
- **Literature Circles**—While eating breakfast, students can meet with their literature circle groups or book clubs to summarize and discuss prior reading (e.g., the chapter that they read for homework) or answer specific questions about the book they are reading.
- **Homework Review**—During breakfast, go over the homework from the night before.
- **Test Review**—During breakfast, play games to review for tests, such as Jeopardy-style quiz.
- **Schoolwide Enrichment Clubs**—Enrichment Clubs are self-selected, special interest clubs that allow students to be challenged and/or expand their education in particular areas. Enrichment activities that involve listening, speaking, studying, or research can be conducted during breakfast.
- **Classroom Guests**—Invite guest speakers during breakfast (e.g., the school nurse or a social worker) and share about a variety of topics (e.g., bullying, healthy living, eating, relationships).
- **Class Meetings**—Use breakfast time to conduct your class meeting. During class meeting, students are assigned new class jobs, class rules are discussed and reinforced, upcoming events are reviewed, and class "business" is conducted.
- **Mind Puzzles and Riddles**—Post mind puzzles and riddles (e.g., Plexers) for students to think about and solve while they are eating.

1 Adapted from "Start School with Breakfast: A Guide to Increasing School Breakfast Participation." NEA Health Information Network and Share Our Strength, 2011. Available at: http://www.neahin.org and http://www.strength.org

School Food Service 101: The Cost of School Breakfast[1]

Many people, especially those unhappy with the food served at school, may wonder why schools serve the food they do. Below is an overview of how a typical food service program works, and some things to think about before approaching your school food service director.

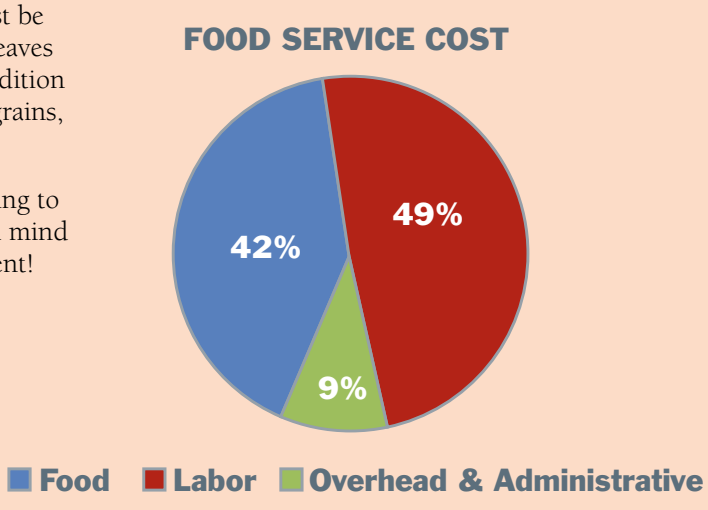
- Unlike other school departments, the food service program does not receive money from the school budget. It is expected to be self-funding, meaning that it must bring in enough revenue from food sales to support its day-to-day operations.
- Food service program costs include food, labor (salary and benefits), overhead (pest control for the cafeteria, utilities, maintenance of kitchen equipment, garbage collection, etc.), and expenses associated with running the food service department (ordering and inventory, processing and filing meal applications).
- Usually what students pay for their meals doesn't fully cover the expenses to run the food service. To help cover costs, the federal government provides reimbursements to school districts. In 2011–12 the School Breakfast Program federal reimbursements were:*

2011–2012 School Year	*Federal Reimbursement Rates* **	*Student Meal Cost*	*Maximum Total Revenue per Meal*
Free Breakfast	$1.51	Free	$1.51
Reduced Price Breakfast	$1.21	< $0.30	$1.51
Paid Breakfast	$0.27	$1.00-1.25	$1.52

**To access the most current reimbursement rates, visit: http://www.fns.usda.gov/cnd/governance/notices/naps/naps.htm*

***Schools where at least 40 percent of the lunches served during the same period two years prior were free and reduced price may qualify for extra "severe need" reimbursements of $0.29 per free or reduced-price breakfast served.*

- The actual amount spent on food varies by school district; in most cases, about 42 percent of the cost of School Breakfast can be attributed to food. So, if a school receives $1.51 to serve a free/reduced-price breakfast, only 63 cents of that is available to purchase food.
- Of the money left over to purchase food, about 20 cents must be used to purchase milk, which is required at breakfast. That leaves about 43 cents to purchase the rest of the meal, which, in addition to milk, is federally required to contain a vegetable or fruit, grains, and a meat or meat alternative (such as cheese).
- Given those facts, imagine going to the grocery store and trying to purchase a full breakfast for 43 cents. Try also to keep this in mind when going to speak with your school food service department!



1 Adapted from Start School with Breakfast: A Guide to Increasing School Breakfast Participation. NEA Health Information Network and Share Our Strength, 2011. Available at: http://www.neahin.org and http://www.strength.org

What can NEA members do to advocate for Breakfast in the Classroom and increase school breakfast participation?

Teachers and educational support staff can play an important role in helping children reap the benefits of school breakfast. If breakfast isn't served in your school, or is only served in the cafeteria, talk with your school nutrition director and school administrators about starting a program. Efforts to educate principals, superintendents, and other school administrators about the health, educational, and financial benefits of school breakfast are essential to the expansion of Breakfast in the Classroom.

When superintendents and principals put their full support behind Breakfast in the Classroom, participation reaches the fullest potential. In addition to this toolkit, several other resources may be helpful when approaching the school administration:

- The School Nutrition Foundation has created an online Breakfast in the Classroom Resource Center that includes detailed information about alternative school breakfast models and resources such as sample menus, videos and financial planning tools. Visit the online center at: http://docs.schoolnutrition.org/SNF/BIC/.
- The Food Research and Action Center's Breakfast for Learning fact sheet provides an overview of the evidence linking breakfast and academic performance. Download the report at: http://www.frac.org/breakfast.
- The National Association of Elementary School Principals Foundation has developed some great resources for engaging principals around Breakfast in the Classroom. Download them at http://www.naesp.org/naesp-foundation/breakfastintheclassroom.

For more information about Breakfast in the Classroom advocacy or to order additional copies of this toolkit, contact NEA Health Information Network at info@neahin.org or (202) 822-7570.





Key Ingredients for Breakfast in the Classroom Success:

- ☐ Involve all affected employees *(e.g., teachers, paraprofessionals, food service staff and custodial staff)* in planning the program before it is rolled out.
- ☐ Prior to program roll-out, distribute educational materials to staff about the academic, behavioral, and health benefits of Breakfast in the Classroom.
- ☐ Arrange training sessions for all staff on Breakfast in the Classroom logistics and implementation.
- ☐ Consult with school administrators to ensure breakfast time counts as instructional time.
- ☐ Plan ahead to prevent pests. Work with custodial staff to develop a plan for gathering trash; consult existing Integrated Pest Management plans to ensure classroom breakfast models are in compliance with them.
- ☐ Encourage teachers and paraprofessionals to develop a structured routine for student service and clean-up of classroom breakfast, and implement it from Day 1 of the program.
- ☐ Market, market, market! Work with your school's communications department to develop materials for parents, principals, and school staff. Consider a promotional push during national School Breakfast Week in March.
- ☐ Be patient! The first few days or weeks of Breakfast in the Classroom may be challenging. Stick with it; once routines are developed, everything will run smoothly.

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Safe and Healthy Schools... A Basic Right for All



NEA Health Information Network

Safe and Healthy Schools... A Basic Right for All

This toolkit was developed by the National Education Association Health Information Network, a member of Partners for Breakfast in the Classroom. This partnership of the Food Research and Action Center, National Association of Elementary School Principals Foundation, National Education Association Health Information Network, and School Nutrition Foundation seeks to increase participation in the School Breakfast Program through the promotion of Breakfast in the Classroom. Partners for Breakfast in the Classroom is sponsored by the Walmart Foundation.

Walmart