The webinar will start shortly. Connect to audio using your computer’s microphone and speaker OR dial in on your phone to the number in the webinar control box.

“Because of the increasing rates of obesity, unhealthy eating habits, and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.”

– Richard H. Carmona
former U.S. Surgeon General, testimony before the U.S. Senate, 3/2/2004
School Breakfast: Making Breakfast Part of the School Day

March 23, 2017
Today’s Presenters

Jessica Sankey
Director of Wellness
Bellingham School District, WA

Summer Kriegshauser
Program Manager
Center for Best Practices
Share Our Strength

Ellen Dillon
Senior Manager, School Breakfast Programs
Action for Healthy Kids
Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call
Agenda

- Who We Are: Action for Healthy Kids
- Overview of Breakfast After the Bell
- One District’s Story: Bellingham Public Schools
- Resources for Change
  - No Kid Hungry’s Center for Better Practices
- Q and A
Who Are We?

AFHK’s vision is a world in which every kid is healthy, active and ready to learn.
Who Are We?

Our goal is to create school communities where children learn how to make healthy choices from the minute they walk in the front door to the minute they leave at the end of the school day.
Schools reach most children and adolescents.

Children spend around 1,200 hours per year in school.

Teachers, school staff and parent volunteers are key role models.

Curriculum standards for health include nutrition and physical education.

School teach kids what we value and what is important in our community.
Good Food + Active Bodies = Kids Equipped for Success

Healthy Kids Learn Better

Why Schools?
Problems with Breakfast before Bell

Traditional Breakfast Before School Bell

• Often in Cafeteria
  • Not able to house full student body
  • Not conveniently located
• Requires students to arrive in early
• Competing activities: friends & play priorities for students
• Stigma: only the ‘poor’ kids eat
• Time: not everyone wants to eat early in day
What is Breakfast after the Bell?
Moves breakfast after the start of the school day.
## Making BAB Work

Service times & locations that meet student needs

<table>
<thead>
<tr>
<th>Model</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast in the Classroom</td>
<td>Start of class</td>
<td>Classroom</td>
</tr>
<tr>
<td>Second Chance Breakfast</td>
<td>Mid-morning at recess or between classes</td>
<td>Cafeteria or multiple locations</td>
</tr>
<tr>
<td>Grab n’ Go Breakfast</td>
<td>Before school and/or mid-morning</td>
<td>Multiple locations (e.g. service carts)</td>
</tr>
</tbody>
</table>
Benefits of BAB

• Increased participation
• Eliminates the stigma
• Improved academic outcomes
  • Improved school attendance and reduced tardy students
  • Improved student focus and behavior
  • Better student Performance
• Fewer nurses visits due to hungry bellies
• Increased sense of community...especially with Breakfast in the Classroom
Impacting Instruction Time?

• Actually, teachers find instructional time increases
• Use Breakfast in the Classroom to start academic day
• Many educational agencies support and have provided letters of support
Middle and High School & Breakfast

Not just for Elementary Students

• BAB has great impact at the middle and high school levels
• Schedules more flexible
• Barriers can be greater
  • Freedom of choice
  • Stigma
  • Weight conscious
  • Varying schedules
State Legislation has made BAB mandatory in highest need schools

- CO
- IL
- NV
- WV
- DC

Other States writing in additional funding to support BAB in Governor’s budgets

- CA
- PA
- VA
Questions? Let us know!
Welcome:
Jessica Sankey
Wellness Coordinator
Bellingham School District
Bellingham, WA
What was your district’s history with school breakfast?

• Participation was low
• Varying levels of need
• Menu options not clean or best options
Why did your district move to BIC and Grab and Go?

• Feed more students
• Increase participation
• Best way to meet needs of students
What special considerations did you need to include when planning?

• Waste/composting
• Building logistics: steps, elevators, other facility issues...
• Engage custodians
• Involve ALL stakeholders
How did teachers react and how do they incorporate into school day?

• Positive
• Part of day
• Sense of community
• All students in class and not wandering around
• Student responsibilities
Successes?
Feed more kids!
Results: DATA speaks
• 6 schools: currently averaging 85% participation
• Increased from: 31% in 2015
Questions? Let us know!
School Breakfast Resource Deep Dive

Summer Kriegshauser
Program Manager, Center for Best Practices
NO KID HUNGRY

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.
No Kid Hungry Center for Best Practices

- Research
- Consultation
- Tools
- Connections
- Training
Subscribe to the Center for Best Practices monthly e-newsletter
Implementing Breakfast After the Bell
BREATHFAST AFTER THE BELL 101 VIDEOS

• Two Videos:
  o Breakfast in the Classroom
  o Grab and Go to the Classroom

• Geared towards teachers and principals

• Outlines how BAB
  o benefits students and classrooms
  o can be a seamless part of the instructional day

Stakeholder: Principals, Teachers
PRE-IMPLEMENTATION CHECKLIST

• Mapped out list of action steps a school can take to prepare for BAB implementation

• Action steps are based on suggestions from school stakeholders that have already implemented BAB

• Completed checklist was vetted by School Nutrition Directors to ensure that the information contained in it was useful

Stakeholder: SNS, Principals
BREAKFAST AFTER THE BELL ROLLOUT TIMELINES

• In-depth prep for BAB launch
• Outlines action steps for school stakeholders
• Long-term and short-term action steps
  o LT: several months before BAB launch
  o ST: counts down each week until launch starting at 8 weeks prior to launch
• Two Versions
  o Breakfast in the Classroom Rollout Timeline
  o Grab and Go to the Classroom Rollout Timeline

Stakeholder: Principals, SNS, Teachers, Nurses, Custodians, Paraeducators
MAKING BAB WORK IN MIDDLE AND HIGH SCHOOLS

- Showcases best practices for middle/high schools
- Best practices are from schools across the country that have high breakfast participation
- Examples of best practices:
  - Offer Second Chance Breakfast
  - Solicit student feedback for menu items
  - Utilize peer influence

Stakeholder: SNS, Principals
BREAKFAST FAQS FOR PARENTS

- Customizable!
- **English Version**
- **Spanish Version**

- Answers FAQs from parents:
  - Why breakfast is important
  - Logistics of the school’s Breakfast After the Bell program
  - Quality of the breakfast food

Stakeholder: SNS, Principals, Parents
TIME FOR BREAKFAST ILLINOIS – SB 2393
SB 2393 – WHAT IT DOES

- Schools where at least 70% of students are eligible for free or reduced price meals would be **required** to offer breakfast after the start of the school day.

- Schools have the flexibility to choose the model they’d like for serving breakfast after the bell, such as Breakfast in the Classroom, Grab and Go, or Second Chance Breakfast.

- School districts can petition to opt out if:
  - They already have reached 70% participation in school breakfast
  - Reimbursements will not cover the full cost to implement and operate the program

- To have opt-out approved, school districts must:
  - Submit a cost analysis to the district board of education;
  - The board of education holds a public hearing on the request; and
  - The board of education passes a resolution that the district cannot afford the program.

- The State Board of Education has to collect information on the breakfast after the bell delivery models implemented and make publicly available.

- The State Board of Education, with the help of the nonprofit community, must also create, post, and distribute a list of grant opportunities that support school breakfast programs.
Summer Kriegshauser
Program Manager, Center for Best Practices
No Kid Hungry
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skriegshauser@strength.org
Questions? Let us know!
Additional AFHK Resources

- **School Grant for Healthy Kids**
  - Applications Currently Open until April 7th!
  - [http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants](http://www.actionforhealthykids.org/tools-for-schools/apply-for-grants)
  - Breakfast grants to support 1 school or an entire district
  - Up to $3,000/school in funding available
  - Grants available in all states
Stay up to date on Success Stories, health tips, physical activity games, fun recipes, volunteer opportunities, and ideas for action!
School Programs ◆ Tools and Resources ◆ Expert Partners
Volunteer Opportunities ◆ School Grants

www.ActionforHealthyKids.org