Today’s Presenters

Ellen Dillon
Senior Field Manager
Action for Healthy Kids

Grace Perry
Southern Regional Manager
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
- What is Alternative Breakfast?
- What Issues Do Alternative Models Face re. Healthy Menus
- Strategies for Success
  - Speakers’ Lessons Learned
- Q & A
- Additional Resources
AFHK’s vision is a world in which every kid is healthy, active and ready to learn.

We work to mobilize school professionals, families and communities to take actions that lead to healthy eating, physical activity and healthier schools where kids thrive.
Integrating health and wellness into schools gives students the opportunity for an academic advantage – what AFHK calls The Learning Connection.

- Physical activity has a positive impact on academic achievement. It leads to more focused classroom behavior and improved test scores.
- Participation in breakfast programs are associated with increased grades specifically math and arithmetic scores.
- There is a positive association between healthy dietary consumption and mental processes including cognition.
Tell Us About Yourself!

What is your role at your school or district?

a. School Nutrition Director
b. School Nutrition personnel
c. Principal or other administrator
d. Non-profit supporting schools on school breakfast
e. Other
Why Alternative Breakfast?

High need and low participation, why the gap?

• Breakfast served in the wrong place:
  • Students want to avoid the stigma of school breakfast
  • Cafeteria is not easily accessible (far from students’ first classes) or where they enter the building
  • Cafeteria lacks the capacity to serve students quickly (long lines, inadequate seating)
Why Alternative Breakfast?

How increase participation?

• Decreased tardiness and absenteeism
• Decreased disciplinary problems
• Increased motivation
• Improved academics
• Decreased school nurses visits
What is Alternative Breakfast?

Breakfast Delivery to Classroom:
• Using insulated bags or containers, all components are brought to the classroom

Grab and Go
• Using kiosks or carts located in high traffic areas, students pick up their breakfast and take it to another location to eat

Reimbursable Vending
• Using strategically placed vending machines, all components of a reimbursable meal are provided

Breakfast on the Bus
• Meets needs of students who spend a great deal of time on a bus getting to school: breakfast provided on bus

Second Chance
• Usually includes Grab and Go and/or cafeteria breakfast after first period or during an extended break

• Other?
Tell Us About Yourself!

What does your school breakfast model look like?

a. We are implementing via grab and go.
b. We are implementing via breakfast delivery to the classroom.
c. We serve breakfast in the cafeteria before the bell.
d. I am not directly involved in schools
e. Other alternative model
What do schools need to consider?

- Safety:
  - Hot foods stay hot and cold foods stay cold!

- Ease of Transport

- Clean Up: need to provide equipment and process for clean up

- Student Culture – provide foods kids are familiar with
What are the issues?

- Age of students
- Avoid Mess – drips, spills, stickiness and rolling items
- Portability – Able to take and eat on the go.
- Making it healthy -- Adhering to USDA meal requirement guidelines and reimbursable meal requirements
- Food Allergies – avoiding allergens in menus and creating a plan in classrooms for students to be safe
- Appealing Menu Options
What has been your greatest challenge related to menus with alternative breakfast models?

a. Appealing options  
b. Food allergies  
c. Making it healthy  
d. Portability  
e. Other
Guest Speaker

Kim Johnson, MSW
Grants, Nutrition Education, & Summer Food Manager
Orange County Public Schools
Orlando, FL
Guest Speaker: Kim Johnson

- Orange County Public Schools is 9th largest district in country
- 194 schools
- 50+ schools implementing Grab and Go
Guest Speaker: Kim Johnson

How are alternative breakfast needs different than in cafeteria needs when it comes to menus?

- Items require pre-wrapping or packaging for ease of transport and easy eating
- Easy eating is key
- Minimizing mess and easy clean up (shows teachers we care about them)
What type of items do you incorporate?

- Easy eat items
- Hand held on the go meals
- Ex:
  - Breakfast sandwiches
  - Parfaits
  - Whole fruits

Sample Elementary Menu
How do you meet needs and interests of students?

- Serve what kids want
- Kids are our customers and need their input
- Mindful of student ages
- Conduct Taste Tests of EVERY new item
  - Breakfast Ambassadors
  - Items must score an 80% approval rating
  - Use Social Media to promote (especially to older students)

Product: ____________________________
If this item was on the menu, would you eat it?

- Yes
- No
- Maybe
Guest Speaker: Kim Johnson

What resources do you use?

- Sharing with other school districts
- SNA, Food Management & other magazine articles
- Focus groups (kids know what they want/like)
- Vendors

Product: _______________________

If this item was on the menu, would you eat it?

- Yes
- No
- Maybe
Questions? Let us know!

GameOn@ActionforHealthyKids.org
Dr. Shannon Chiasson
School Food Service Supervisor
Iberville Parish School District
Plaquemine, LA
Iberville Parish School District
South of Baton Rouge
83.8% of students eligible for free and reduced priced meals
10 schools
Implementing Grab and Go
Our breakfast program…

- Grab and go
- Roll out the cart with both hot and cold items
- Students carry items in bag to eat
How are alternative breakfast needs different than in cafeteria needs when it comes to menus?

- Took our normal menu and tweaked to make it mobile
- Ease of eating & hand held

Successes:
- Combination of items: scratch cooked and prepackaged
- Sausage biscuits, breakfast pizza

Challenges:
- Some scratch cooked hot items haven’t been able to go mobile (YET): grits, eggs
What tips would you have for schools just starting?

- Engage students
  - Working with some students who have ‘complained’ to determine other interests and desires
- Find ways to incorporate both hot and cold items
- Menus that are age appropriate
Questions? Let us know!

GameOn@ActionforHealthyKids.org
Follow Us for More Resources

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