“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: Moving Breakfast Increases Participation and Learning Outcomes

October 10, 2017
Today’s Presenters

Chelsea Prax
AFT’s Health, Safety and Well Being
American Federation of Teachers

Etienne Melcher Philbin
Senior Child Nutrition Program Coordinator
Food Research and Action Center

Lisa Sims
School Nutrition Director
Daviess County Public Schools, KY

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 Models
- AFT and FRAC’s Breakfast Supports Learning and their join resource: Breakfast Blueprint
- One District’s Story: Daviess County Public Schools, KY
- Q and A
Who Are We?

AFHK’s vision is a world in which every kid is healthy, active and ready to learn.
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.
Good Food + Active Bodies = Kids Equipped for Success
Problems with Traditional School Breakfast

Traditional Breakfast Before School Bell

- Often in Cafeteria
  - Not able to house full student body
  - Not conveniently located
- Requires students to arrive 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.
## Location, Location, Location

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 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 Moving School Breakfast

• 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
## Breakfast Impacts

<table>
<thead>
<tr>
<th>Impact</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increased average daily participation in school breakfast</td>
<td>72.0%</td>
</tr>
<tr>
<td>Improved student focus/behavior in the classroom</td>
<td>51.9%</td>
</tr>
<tr>
<td>More on time student arrivals</td>
<td>34.5%</td>
</tr>
<tr>
<td>Reduced student visits to the school nurse</td>
<td>29.1%</td>
</tr>
<tr>
<td>Positive feedback from parents about school breakfast program</td>
<td>39.2%</td>
</tr>
<tr>
<td>Student enthusiasm for and interest in school breakfast</td>
<td>56.9%</td>
</tr>
<tr>
<td>Increased instructional time</td>
<td>23.1%</td>
</tr>
<tr>
<td>Increased teacher and/or admin support and engagement</td>
<td>38.1%</td>
</tr>
<tr>
<td>Increased food service revenue</td>
<td>42.2%</td>
</tr>
<tr>
<td>Increased ability to hire more staffing</td>
<td>11.4%</td>
</tr>
</tbody>
</table>
Questions? Let us know!
AFT and FRAC present

Breakfast Blueprint

Breakfast after the bell programs
supporting learning
Introductions

Etienne Melcher Philbin, FRAC
- emelcher@frac.org
- 202-986-2200 x3012

Chelsea Prax, AFT
- cprax@aft.org
- 202-393-4288
• **Research**: A nutritious morning meal supports learning
• **AFT members’ voices**: the value of breakfast
• Common themes from our work on the **Breakfast Blueprint**
For every 100 low income children who participate in school lunch, only 56 eat school breakfast.

—FRAC School Breakfast Scorecard 2017

Image credit: Washington Post
School Breakfast and Learning

School breakfast improves student behavior and reduces tardiness and absenteeism.

Children who eat breakfast at school:

- Increase their math and reading scores
- Perform better on standardized tests
- Improve their speed and memory in cognitive tests
“Although serving breakfast in the classroom can be problematic, most teachers discovered the students were less riled up, easier to re-direct when their day began in the classroom as opposed to the loud (sometimes chaotic) cafeteria.”

–Elementary paraprofessional, NY

“I hear from students -- they so look forward to a good breakfast to get them going. Our school program is very concerned for the progress and physical, mental and emotional well-being of students... I am thankful to be a part of such a caring staff.”

–Bus driver, WV
“I really enjoy BIC because every student in my class looks forward eating breakfast in the classroom. Some students do not have time or food to eat before they get to school. Some students were complaining of stomachaches, but with BIC there is less complaining.”

–Teacher, CA

“Our district is so poor – far below the poverty line – that these kids really need the breakfast, lunch and snack! For a lot of these kids, these are their only meals. It just breaks my heart for kids I see every day.”

–PreK-8 cafeteria manager, NY
Breakfast after the bell!

Direct delivery to the classroom

Grab ‘n’ Go

2nd Chance Breakfast
The Breakfast Blueprint, a comprehensive guide for planning, implementing and evaluating breakfast after the bell programs.

School personnel can work together to take attendance, collect homework or check in with students to ensure a smooth start to the day.

Students who eat school breakfast are less tardy, less absent, and show improved academic performance.

Remove trash in a timely-fashion from classrooms and consider disposing of liquids in a separate containers.

Equip classrooms with absorbent paper towels and wipes to maintain clean spaces.

For a productive classroom, students can work independently, with a supportive adult or in a group during breakfast service.
Themes

• **Boost student satisfaction**
  – Increase variety, encourage scratch-cooking, include culturally appropriate menu items
  – “Build choice into the breakfast menu ...there’s more buy-in whenever there’s some kind of a choice.” –Elementary teacher, TX

• **Include diverse school personnel** in planning processes to avoid frustration
  – Engage administrators of the district and participating buildings, as well as implementing staff (and their unions): instructional personnel, custodians, food service
  – “Every teacher in our school wants our kids to eat breakfast ... but [alternative breakfast service models are] seen as something that was done to us.” –Elementary teacher, NM
• **Recognize the effort and time required for success**
  – Address competing demands: high-stakes testing, bell-to-bell instruction
  – “I’m sure the program would go much smoother at our school if we had adequate help but staff is at a minimum. Our school of 400 plus students only has one custodian through the day and two after school hours.” –Paraprofessional, WV

• **Establish routines and procedures for cleanliness**
  – Typically, high standards for hygiene and safety and applied to cafeterias; these standards should be applied in all spaces where food is served
  – “I haven’t had paper towels in my classroom for two weeks... I just got them today. I’ve asked. So when we spill milk... if I had paper towels that could absorb and pick-up...that would help.” –Teacher, TX
AFT.org/BreakfastBlueprint

- Breakfast After the Bell Programs Support Learning
- Set Up Your Program for Success
- Plan for a Successful Launch
- Strategies for a Productive Classroom
- Strategies for Clean School Spaces
- Strategies for Boosting Student Satisfaction
- Evaluate Program Success
- Take Your Breakfast After the Bell Program to the Next Level
  - Farm-to-School
  - Green Schools
Questions? Let us know!
Welcome:
Lisa Sims
School Nutrition Director
Daviess County Public Schools
Owensboro, KY
MUTUALLY REINFORCING

HIGHER ACADEMIC ACHIEVEMENT

POSITIVE HEALTH BEHAVIORS
What you eat or don’t eat matters to your brain
Daviess schools had varying participation.

Participation depended on:

- Where kids were housed before school,
- The culture of the school, and
- Bus arrivals...late busses and long lines created additional barriers.

~Free Reduced Meals % around 60%
MAKING THE MOVE TO BIC

Wanted to make change for years, but variety of barriers.

Finally...

• Had a supportive supervisor who was a numbers man and knew that increasing participation was key.
• Visited other area schools to see what worked.
• Presented at elementary principals meeting.
• Recruited volunteers to pilot.
INCREASED PARTICIPATION

Numbers talk:

• Implemented in 7 of 12 elementary schools.
• 5 schools funded for breakfast grants from AFHK

43%  
September 2016

73%  
September 2017
Who Wins?

STUDENTS
Better grades, feels better, more alert

TEACHERS
Fewer discipline problems

SCHOOLS
Improved test scores
Reduced tardiness & absenteeism

PARENTS
Convenience/low cost

Sources: Food Research and Action Center and Share Our Strength No Kid Hungry
BIC Prep at Daviess County
BIC Utilizing Offer Verses Serve (OVS)

• Reduces Waste
• Saves Money $ to keep the program “break even”
• Unselected milk and fruit are returned to the cafeteria
• After a few days the manager will begin to forecast milk and fruit usage. They will not have to send a fresh fruit & milk for every student.
• Please note: If additional fruit or milk are needed due to student request, let your cafeteria manager know.
Simple Steps to OVS for Teachers and/or Student Helpers

• When bags arrive, place the entrée and a juice on each desk
  Note: If there is any special dietary needs in the classroom, that breakfast will be bagged separately
• This is a complete breakfast
Simple Steps to OVS for Teachers and/or Student Helpers

• Leave milk and fresh fruit in the blue bag for students to take if they would like
• Remember, their complete breakfast is already on their desk

• After breakfast: Dispose of any items on desk in the trash bag that is provided each day. This could be put in a classroom trashcan, over the regular trash bag, and then pulled out, tied and set outside the door for pick up.

Return the bags to the hall for pick up also.

The red bag will be for hot or dry items. The blue for cold items.
Only Required Paperwork

Blank Form

This form can be found in the clear slot on the outside of the cooler.

note: one adult meal is allowed per class
Completed Sample (basically an attendance sheet)

Daily - return completed form to the slot on the cooler

Sign and date on Last Day of the week
New Website: Parents for Healthy Kids

Parents for Healthy Kids

Action for Healthy Kids • National PTA
Sponsored by ALDI

www.ParentsforHealthyKids.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