



Breakfast = Achievement

When I eat breakfast, I don't have to think about being hungry. I can think about what my teacher is saying.

Elementary student

On the days I have breakfast in class, I stay awake and have more energy through the rest of the day. I'm not so hungry and crabby."

High School student

Benefits

"If students are hungry, they can't actualize (meet) their potential."

- Elementary Principal

Alternative breakfast programs provide....

- a solution for time-deprived families
- a social event for students
- convenience and accessibility to whole grains, fruits, vegetables and lowfat/nonfat dairy

Research confirms that breakfast eaters....

- have fewer health clinic visits
- are better nourished
- have improved academics

Breakfast eaters offer many benefits to schools; benefits that schools want and need like improved test scores, better behavior, less clinic visits, and better overall attendance. As a concerned parent, and/or educator, you want your children to be well-nourished, and ready to learn. But school mornings can be hectic; the School Breakfast Program (SBP) can offer a solution and help the school reach its goals.

Many Colorado schools offer breakfast, but only about 38 percent of students who qualify for FREE breakfast participate in the SBP¹. Free or not, all students should have access to breakfast. Alternative breakfast programs, breakfast served outside the cafeteria, offer an answer to this increasing dilemma. Expanding breakfast beyond the cafeteria increases the number of students eating, which in turn, can improve student academic performance, attendance, and instruction time.

Consider the following alternative serving options for making breakfast a regular part of the school day.

Breakfast in the Classroom

Breakfast is delivered to each classroom before the bell rings. Students eat at their desks in 10-12 minutes while attendance, announcements, read-alouds or daily exercises are completed.

Grab 'n' Go Breakfast

With disposable packaging and strategically-placed trashcans, Grab 'n' Go breakfasts are a practical and appealing way to reach hungry kids in a hurry. Serving carts are located throughout the school or near entrances for easy student access.

Breakfast on the Bus

A Grab 'n Go breakfast is offered to students as they load the bus.

Breakfast After 1st Period

A perfect solution for secondary students, this serving alternative can be offered in the cafeteria or from a central location within the school.

¹ Food Research and Action Center, State of the States, 2010



Find more information at



WesternDairyAssociation.org
HungerFreeColorado.org
ActionForHealthyKids.org



Offer Breakfast at Your School

Get Ready...

- Talk to other schools and districts that have successful alternative breakfast programs
- Gain commitment from administrators, food service staff, teachers and parents

Set...

- Apply for a grant to cover start-up costs; plan for sustainability of the breakfast program
- Plan for trash
- Have a practice run, make adjustments, teach the students

GO...

- Focus on benefits, not obstacles
- Be solution oriented
- Reap the academic and behavioral benefits

LISTEN!

“My daughter doesn’t like to eat as soon as she gets up. She is ready for breakfast when she gets to school. There is not the battle of trying to get my fourth grader and my kindergartner to breakfast – it is GREAT!”

Michelle, Parent of two elementary children

“Since implementing Breakfast in the Classroom, my clinic visits for hunger reasons have dropped to practically nothing: no headaches or stomach aches due to skipping breakfast.”

Ms. Cahill, School Nurse

“After a semester of starting our day eating breakfast in the classroom, I noticed higher grades, fewer disruptions, fewer bathroom breaks, better focus and concentration, and an overall positive classroom environment.”

Miss Carter, High School English Teacher

“Within four weeks of implementing breakfast in the classroom, we saw a dramatic decrease in the amount of tardy time, and an increase in classroom productivity, and our kids are happier.”

Nicole Westfall, Principal, Clayton Elementary School

Many Colorado students benefit from having access to breakfast. Using alternative serving options helps ensure that more children have increased access to breakfast, and in turn, to increased nutrient intake.

Need assistance?

Hunger Free Colorado

720-328-1284

HUNGER
FREE COLORADO

Action for Healthy Kids®

Need grant money?

Get involved with Fuel Up to Play 60, a student-led wellness program, FuelUpToPlay60.com

Western Dairy Association

303-451-7711

Colorado Action for Healthy Kids

800-416-5136

