



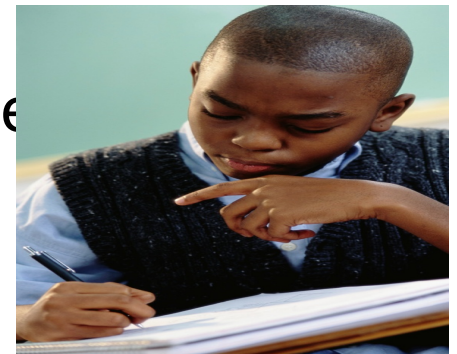
Breakfast in the Classroom: Food Service Professionals As Partners

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Why Breakfast in the Classroom?

Research studies show that children who eat breakfast are at an academic advantage and that eating breakfast can help students:

- perform better academically,
- pay better attention in class,
- increase their memory function,
- behave better, and
- have fewer absences and tardy incidents.



Why Breakfast in the Classroom?

Also there are studies that indicate students who have more adequate nutrition and eat a nutritious breakfast on a regular basis are at a reduced risk of being overweight.

Food research and Action Center 2009





Why Breakfast in the Classroom?

Children come from all types of home situations: family schedules, dysfunctional families, tight budgets, and parents who lack awareness of the need for a nutritional breakfast and the difference it can make in a student's academic success.

Food Research and Action Center 2009



Why Breakfast in the Classroom?

Research supports the fact that many youth, especially those from poverty, come to school with an empty stomach. Thus learning is affected negatively.

Food Research and Action Center 2009



Why Breakfast in the Classroom?

The majority of schools that participate in the National School Lunch Program also participate in the school breakfast program. However, there is a huge disparity between the numbers of students who eat lunch compared to those who eat breakfast. Adding Breakfast in the Classroom has been shown to increase program participation by as much as 30%.



Why Breakfast in the Classroom?

- As many American families struggle financially, school meals prove to be a reliable source of needed nutrition for children.
- Almost one in four American children live in households where their families face a constant struggle against hunger.
- Less than half of eligible low-income children received breakfast at school each day.
- Schools must do more in order to reach eligible children and expand participation in the breakfast program.



Why Breakfast in the Classroom?

Severe hunger among children is associated with depression and anxiety as well as learning issues.

Eating breakfast can help students make better connections to learning.

Not eating a nutritious breakfast can negatively affect students' emotional well being.

O' Sullivan et. Al., 2009



Why Breakfast in the Classroom?

Breakfast is the **most important meal of the day** because it gives students the nutrition they need to pay more attention in class and score higher on tests.

Even though we know that breakfast is important, many children skip it because of bus schedules, stigma, social time before school starts, and lack of appealing choices.



Why Breakfast in the Classroom?

Providing nutritious meals at school is partly your responsibility. Of course part of the responsibility lies directly in the hands of the school authorities, who could and should ensure that our children get good, nutritious, and safe food at school.

Why Breakfast in the Classroom?

There are studies that indicate students who have more adequate nutrition and eat a nutritious breakfast on a regular basis are at a reduced risk of being overweight.

Food research and Action Center 2009





Why Breakfast in the Classroom?

- More than two-thirds of American children under the age 19 are overweight or obese.
- Obese children have risk factors for cardiovascular disease psychosocial problems, and other ailments.
- Overweight and obese children do not do as well academically.

Why Breakfast in the Classroom?

Many students do not get a nutritious meal at home and some get no meals.

How can you be sure that all students are getting nutritious food at school? **Breakfast In the Classroom** is one way to ensure that all students have access to at least one nutritious meal each day.





Why Breakfast in the Classroom?

- When everyone has breakfast provided in the classroom, the stigma of being unable to afford breakfast is removed.
- Bus schedules and time constraints, which may prohibit eating breakfast, are removed.
- All students can eat breakfast regardless of their circumstances.

■ Food research and Action Center 2009



Building a Successful Program

A Breakfast in the Classroom program has to begin with the development of procedures and training which includes all stake holders including all ESP' s (custodians, food service personal, para educators), teachers, parents and administrators.



Building a Successful Program

- Breakfast in the classroom requires a systemic change that must fit the schools culture, style, and resources.
- When student health and learning become the schools' priority, school personnel will quickly cut through perceived barriers and implement the program.

What do Food Service workers do?

They plan menus, purchase products, prepare meals, manage costs, maintain safe food preparation, represent and promote healthy eating for all children.





FACT

Breakfast in the Classroom
is a different way of thinking and
requires some changes to the
Food Service Professionals' work
schedule and routines.



What workers need to know

The school's food program will change and may increase the size, type, and number of food and supplies ordered, food delivery method, packaging of food, preparation time, and cleaning up in a different way.



What workers need to know.

- The benefits of the program
- The method of classroom service
- Preparation methods and process
- Point of service accountability
- Different equipment and storage needs
- Implementation schedule
- Break even point,



Building a Successful Program

- The method of classroom service

- Menu

- Delivery

(food service professional who have programs like Grab and Go, classroom delivery, and ???)



Building a Successful Program

- Storage and Equipment needs
(Food service professional shares experience)



Building a Successful Program

- Benefits of program-may include cost issues

(May include a food service manager sharing)



Building a Successful Program

- Implementation issues
(what not to do and what works well)

What can you do?

Develop procedures along with the administration, all ESP's, and teachers as to how to deal with sanitation issues as they relate to breakfast in the classroom. This may include instructions for all ESP's as well as teachers, students, and others in the classroom.



What can you do get the ball rolling?



- Support non-traditional dining options.
- Encourage a free breakfast for all students so that your school makes use of available federal and other sources of funding.
- Promote good nutrition EVERY day.
- Encourage your district to look at alternative ways of serving breakfast to ensure that all students have a healthy start with no stigma attached.

Why You?

- The goal of breakfast in the classroom is to see that every child, regardless of their circumstances, starts the day with a healthy breakfast. Student academic success is a win win for everyone!
- You can be a part of that success!

