

Alternative Breakfast Model Fact Sheet *for Nutrition Staff*

COVID-19 brought changes for school nutrition programs around the country including in the way we serve breakfast. Keeping or starting an alternative breakfast model in our "new normal" can make it easier for kids to access the meals they need to learn and grow, encourage eating together as a community, and removing stigma associated with breakfast.

This cheat sheet addresses some of the main concerns we hear from Nutrition Directors around Nebraska!



1.

Alternative breakfast models **increase participation and revenue, often with the same number of staff or fewer.** These additional funds can be used to offset other school nutrition program costs.

2.

Alternative breakfast models **don't require changes to bus or classroom schedules.** Grab and Go, and Second Chance, and Breakfast in the Classroom models have been successfully implemented without schedule changes in classrooms across Nebraska.

3.

Administrators make decisions but nutrition staff work directly with kids. If you see hunger in your school or district, talk about exploring or piloting breakfast models that meet more kids where they are. A pilot program can prove your effort will run smoothly so you can then push for more lasting change.

4.

Parents and caregivers should have a voice in planning for an alternative breakfast model. Creating a strong communication plan, sharing potential challenges and benefits, and providing opportunities for feedback can help address most parent concerns and invite community participation.

What are Alternative Breakfast Models?

[W]e went from less than 50% (average daily participation) to over 80%. The increase is a financial win for us and a nutritional win for the students so we can keep the program viable.

**-KRIS SPELLMAN, NUTRITION DIRECTOR
GRAND ISLAND PUBLIC SCHOOLS**



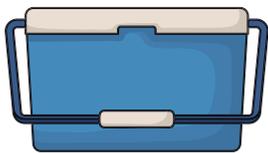
Grab and Go

Students pick up food from kiosks or service lines around the school and eat in their classrooms or common areas. This model can help schools with fewer nutrition staff serve a high volume of students as they enter the building and can also make clean up easier for janitorial staff.



Second Chance Breakfast

Students are given a second chance to pick up a meal following their first period class or home room. Students are then able to get a nutritious meal when they're heading to their next class and are actually hungry.



Breakfast in the Classroom

Students (usually younger) are served breakfast in their classroom at the beginning of the school day. The meal is brought to the classroom by a designated student, staff member, or volunteer in warming bags or coolers and then distributed by teachers who can incorporate lessons into meal time.

Go Big Breakfast, part of the Nebraska Student Nutrition Action Committee (SNAC), strives to ensure every child in Nebraska starts the day with the food they need to learn and grow.



GoBigBreakfast.org

Ready to get started?

Contact Eric Savaiano at esavaiano@neappleseed.org or 402-438-8853 ext. 126 for technical and possible financial support getting started.