

# Alternative Breakfast Model Fact Sheet *for Teachers*

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 Teachers around Nebraska!



1.

**Alternative Breakfast Models don't cut into required instructional time.** When breakfast is served in the classroom, many teachers use the time to take attendance, collect homework, make announcements, or eat along with their kids.

2.

More breakfast participation leads to **calmer classrooms**. Fewer referrals, increased respect, and better behavior mean more instruction time for teachers.

3.

**Cleanup is simple and quick.** Schools should develop collaborative cleanup plans with custodians, teachers, and kids that give responsibility to students and work for your school.

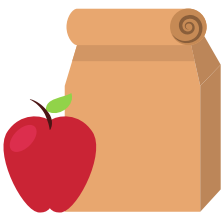
4.

**School breakfasts are nutritious and healthy.** Students who eat breakfast at school are more likely to have a balanced diet.

# What are Alternative Breakfast Models?

I've seen a lot of students come in either 'hangry' or just tired and whenever I send them to get breakfast, they can go quickly, then come back to my classroom and eat it. Right after, it's an immediate mood change.

**BENJAMIN ESTERS, TEACHER, CAMPBELL ELEMENTARY, LINCOLN 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](mailto:esavaiano@neappleseed.org) or 402-438-8853 ext. 126 for technical and possible financial support getting started.