

# Alternative Breakfast Model Fact Sheet *for Teachers*

Research shows that the simple act of eating school breakfast can change a child's life.

Schools can make eating breakfast easier by using an alternative model like Grab and Go, Second Chance, or Breakfast in the Classroom. These models make it easier for kids to access the meals they need to learn and grow, encourage eating together as a community, and remove stigma associated with traditional service.

Below are facts and messages to address concerns we hear from Nebraska teachers.



1.

**Alternative Breakfast Models don't cut into required instructional time.** It generally takes 10-15 minutes. 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 meet strict federal nutritional guidelines for a **nutritious, balanced meal**. Menu items rotate to provide variety, but a school breakfast always includes milk, fruit and whole grains

# What are Alternative Breakfast Models?

“Think about not eating in the morning as an adult, and then think about little kids from ages 6-11, if they’re not eating or getting their nutrition in the morning. That can affect your focus, your energy level, and performance in a lot of ways.”

**JORDAN CLANCY, PE TEACHER  
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.



## Breakfast after the Bell

Students are allowed to bring breakfast back to their classroom and eat 10-15 minutes after the first period bell.

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



[GoBigBreakfast.org](http://GoBigBreakfast.org)

## Learn more

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.