

Alternative Breakfast Model Fact Sheet *for Administrators*

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 Administrators around Nebraska!



1.

When kids eat breakfast they do **better on tests**, have **fewer behavior problems**, and **visit the school nurse less often**. Schools have improved test scores, spend less time on punishment, and see calmer classrooms.

2.

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

3.

Resistance to alternative breakfast models from teachers, parents, custodians, and others can be overcome by **inclusive planning, communication, and strong leadership**.

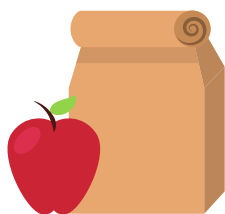
4.

Alternative breakfast models don't require changes to bus or classroom schedules. One way to confirm this is to pilot a model with a single grade or school to work out hesitations and challenges. Visiting districts already using an alternative model can smooth the path ahead as well.

What are Alternative Breakfast Models?

I would say to any superintendent that is considering innovative solutions to educating our students to consider innovative solutions for meals. We can't get to the academics without meeting their basic needs.

**DR. TOWANA GROVER, SUPERINTENDENT,
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.