

# Alternative Breakfast Model Fact Sheet *for Administrators*

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 administrators.



**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.

# What are Alternative Breakfast Models?

We started the K-12 breakfast program during the school day [second chance] about five years ago. Since then, we've seen a significant increase in student participation and a notable reduction in both disciplinary issues and student tardiness. We attribute these positive changes to ensuring our students receive breakfast.

- DR. JAMES WIDDIFIELD  
SUPERINTENDENT  
MINDEN 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.