

Alternative Breakfast Model Fact Sheet *for Parents/Caregivers*

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 parents and caregivers.



- 1.** **School breakfast makes mornings easier.** One less meal to prepare will reduce the morning to-do-list and get kids out the door faster.
- 2.** 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
- 3.** Alternative breakfast models give kids **a second chance to eat.** Whether your teenager isn't hungry first thing in the morning, wants to sleep in, or they have a long bus ride, alternative breakfast models make sure kids aren't starting the day hungry.
- 4.** **School breakfast helps your child learn.** Hungry students often have trouble concentrating. When kids eat breakfast they perform better on tests, have fewer behavioral problems, and visit the school nurse less often.

What are Alternative Breakfast Models?

Our students greatly enjoy the option of grabbing breakfast and getting started for the day! The most impacted are our late arriving children who still have the option to get breakfast! This has benefited ALL students as they focus on their academics. With the stomach happy, the brain can learn!

- CHAD BOYES, PRINCIPAL
ANCHOR POINTE ELEMENTARY
BENNINGTON 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

Learn more

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