

Alternative Breakfast Model Fact Sheet *for Parents/Caregivers*

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 fact sheet addresses some of the main concerns we hear from parents/caregivers around Nebraska!



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 meal**. It's an easy way to make sure your child starts the day ready to learn.

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.

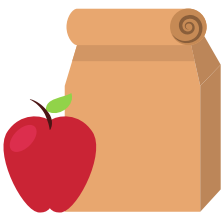
4.

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?

We know that families are busy in the morning - they're running, getting ready for work. We want to set the kids up for success without being stressed. Grab and Go, and then having breakfast in their classroom immerses them in the learning setting.

**JULIE LAWLER, PRINCIPAL, 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 or 402-438-8853 ext. 126 for technical and possible financial support getting started.