

School Breakfast Program

Idaho students need a good breakfast to maximize learning, minimize negative behaviors, and establish good habits for the future health of Idaho. When breakfast is available at school, students have improved attendance and receive fewer tardiness and discipline referrals. The few minutes it takes to add breakfast to the school day are offset by students' active participation once their brains are fueled. Breakfast programs may face challenges with participation because they are too early or students are embarrassed to participate. When schools improve access to school breakfast, typically more students will participate in the program. This allows more students to receive the academic and behavioral benefits of breakfast each day. Considering a new method of serving the breakfast meal that meets the needs of school staff and students can increase meal participation and revenue. For example, Breakfast in the Classroom has been shown to be very successful in elementary schools while Second Chance and Grab 'n Go breakfasts work well in middle and high schools.



Many studies have been conducted on breakfast. Here are some of the proven benefits.

1

Eating breakfast can help improve math, reading, and standardized test scores.

2

Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.

3

Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.

4

Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.

5

By eating breakfast, students get more of the important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein.

6

Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.

7

Eating breakfast as a child is important for establishing healthy habits for later in life.

8

Schools that provide Breakfast in the Classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.

9

What you eat for breakfast can have an impact on learning. One study showed that eating food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.

10

School breakfast provides $\frac{1}{4}$ the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day.

Source: Benefits of Breakfast handout at <http://www.fns.usda.gov/sites/default/files/benefitsbreakfast.pdf>

Online Resources

USDA School Breakfast Program (SBP)

USDA has put together a helpful site that focuses on the School Breakfast Program.

 <http://www.fns.usda.gov/sbp/school-breakfast-program-sbp>

USDA Discover School Breakfast Toolkit

This kit provides information on increasing access to the School Breakfast Program, determining the type of meal service most suited to current needs, and developing a marketing plan that will promote participation.

 <http://www.fns.usda.gov/sbp/discover-school-breakfast-toolkit>

Assessing School Breakfast Potential

Information on analyzing the current program, identifying strengths and barriers to increasing participation, creating an action plan and building an expansion team to address program improvements, and incorporating marketing strategies to make school breakfast healthier and more appealing to students.

 <http://www.fns.usda.gov/sbp/assessing-school-breakfast-potential#step1>

No Kid Hungry Center for Best Practices School Breakfast

This site provides research on the importance of providing breakfast as well as guides and toolkits for successful implementation.

 <https://bestpractices.nokidhungry.org/school-breakfast>

Food Research and Action Center (FRAC) School Breakfast Program

FRAC is a nonprofit organization working to improve public policies and promote partnerships to address food insecurity. They provide resources that support the importance of breakfast.

 <http://frac.org/federal-foodnutrition-programs/school-breakfast-program>



HOW SUCCESSFUL IS YOUR SCHOOL'S BREAKFAST PROGRAM?

Complete the [School Breakfast Program Evaluation](#) to find out.

[CLICK HERE TO GET STARTED](#) 

School Breakfast Program Evaluation		
Determine if your school is doing what it can to implement a successful School Breakfast Program.		
SCENARIO	YES	NO
Breakfast participation meets or exceeds the targeted level.	<input type="checkbox"/>	<input type="checkbox"/>
School directly certifies as many students as possible through coordination with food stamp offices, migrant education programs, and/or homeless/runaway liaisons.	<input type="checkbox"/>	<input type="checkbox"/>
School has implemented Provision 2 or Community Eligibility Provision (CEP) to streamline meal counting and claiming at breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
School meals are offered at prices students can afford.	<input type="checkbox"/>	<input type="checkbox"/>
School has taken steps to maximize participation by implementing student friendly breakfast options.	<input type="checkbox"/>	<input type="checkbox"/>
Cases and bus schedules are coordinated so that all students can eat breakfast at school.	<input type="checkbox"/>	<input type="checkbox"/>
School has successfully implemented an alternative meal service, such as Grab 'n Go, Breakfast in the Classroom, or Second Chance Breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
Customer issues, such as arrangements for trash removal if students eat in classrooms, have been addressed.	<input type="checkbox"/>	<input type="checkbox"/>
Teachers provide nutrition education and breakfast promotion.	<input type="checkbox"/>	<input type="checkbox"/>
Teachers and administrators encourage students to eat breakfast and make efforts to endorse the benefits.	<input type="checkbox"/>	<input type="checkbox"/>
Schools promote breakfast through menu, school website, parent newsletters, etc.	<input type="checkbox"/>	<input type="checkbox"/>
Students have sufficient time to eat breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
Schools have restricted access or eliminated foods and beverages that compete with breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
The cafeteria is viewed as a welcoming place for students to eat.	<input type="checkbox"/>	<input type="checkbox"/>
Students are encouraged to choose and consume the full meal.	<input type="checkbox"/>	<input type="checkbox"/>
School foodservice follows food safety protocols and proper food preparation techniques.	<input type="checkbox"/>	<input type="checkbox"/>
School foodservice prepares breakfasts that meet the nutrition standards and provide healthy choices lower in saturated fat, sodium, and sugar.	<input type="checkbox"/>	<input type="checkbox"/>
School breakfasts offer and promote whole grains, low-fat or fat-free dairy products, and fresh fruits daily.	<input type="checkbox"/>	<input type="checkbox"/>
School breakfasts include produce from local farms whenever possible.	<input type="checkbox"/>	<input type="checkbox"/>
School foodservice prepares foods that include local, cultural, and ethnic favorites.	<input type="checkbox"/>	<input type="checkbox"/>
Menus are planned with input from students.	<input type="checkbox"/>	<input type="checkbox"/>