

BREAKFAST IN THE CLASSROOM



Breakfast is delivered to the classroom

in insulated bags and students collect their meal on the way into the classroom.

Breakfast is eaten during the first few minutes of class while teachers take attendance and begin the day's lessons.

This model is most often used in elementary or K-8 buildings.

Facts

HUNGER STATS

IN ARIZONA
28%
OF CHILDREN
LIVE IN FOOD-
INSECURE HOMES.¹

HUNGRY CHILDREN HAVE
↓ LOWER ↓
TEST SCORES
AND ARE MORE
LIKELY TO REPEAT
A GRADE.²

CHILDREN WHO EAT BREAKFAST
DO BETTER IN SCHOOL
AND ARE MORE LIKELY TO
RETAIN WHAT THEY LEARN.²

BREAKFAST IN THE CLASSROOM STATS

53%
OF TEACHERS REPORT
AN INCREASE IN
ATTENDANCE.³

73%
OF TEACHERS REPORT
AN INCREASE IN
STUDENT ALERTNESS.³

48%
OF TEACHERS
SAW A DECREASE
IN DISCIPLINARY
PROBLEMS.³

78%
OF PRINCIPALS WOULD
RECOMMEND BREAKFAST
IN THE CLASSROOM TO
OTHER PRINCIPALS.⁴



Challenges & Solutions

CHALLENGE

School playgrounds are enticing – children would rather go play than go eat.

SOLUTION

Implement a school-wide *Breakfast In the Classroom* program so students have the opportunity to play before school, then eat as class begins.

CHALLENGE

Morning routines are busy so students may not have time to eat at home or in the cafeteria.

SOLUTION

Serving *Breakfast In the Classroom* allows students to start their day with a healthy meal.

CHALLENGE

School staff may be resistant to change.

SOLUTION

Do your homework in the planning stage to address concerns, and provide appropriate staff training for your school's specific needs.

SOLUTION

Pilot the program in one school prior to rolling out district-wide.

“Students are calmer and ready to learn at the start of the school day.”

*Diane Gruman, SNS, Food Service Director,
Cartwright School District.*



Suggested Equipment & Supplies

- Insulated food bags with carrying handles or rolling wheels
- Trash bags - e.g., one per classroom or one per hallway
- Trash cans - e.g., one per hallway
- Desk wipes / hand wipes
- Placemats or disposable trays
- Class rosters / meal attendance record sheet

Funding & Technical Assistance

- Dairy Council of Arizona (DCAZ) & Fuel Up To Play 60 provide funding of up to \$4000
- Valley of the Sun United Way (VSUW) provides funding of up to \$4000
- Association of Arizona Food Banks (AAFB) provides training and technical assistance
- Arizona Department of Education provides toolkits, resources & technical assistance.
- Pre-designed marketing materials in English and Spanish

How do I get started?

- Review the AZ School Breakfast Toolkit
- Contact DCAZ and VSUW for start-up funding
- Contact AAFB and VSUW to set up staff presentation
- Plan and implement your Breakfast in the Classroom program

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¹ Feeding America. *Map the Meal Gap 2015: Overall Food Insecurity in Arizona by County in 2013*. (2015). Retrieved from http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/2013/AZ_AllCounties_CDs_MMG_2013.pdf

² GENYOUth Foundation. *The Wellness Impact: Enhancing Academic Success through Healthy School Environments*. (2013). Retrieved from http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The_Wellness_Impact_Report.pdf

³ *No Kid Hungry. Hunger in Our Schools*. (2015). Retrieved from <http://hungerinourschools.org/img/NKH-HungerInOurSchoolsReport-2015.pdf>

⁴ *Food Research Action Center, National Association of Elementary School Principals. Start the School Day Ready to Learn with Breakfast in the Classroom: Principals Share What Works*. (2013, November). Retrieved from http://frac.org/pdf/frac_naespf_bic_principals_report2013.pdf