

BREAK THE FAST **AFTER** THE BELL

CASE STUDY

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NATIONAL FACTS AND FIGURES

- ▶ **13 million children served daily**
- ▶ **1/3 the number of lunches**
- ▶ **More than 13 million children are food insecure**

- ▶ **Breakfast in the classroom**
- ▶ **Grab and Go to the Classroom, served at the start of the school day**
- ▶ **Second Chance Breakfast, served grab-and-go style to the classroom**
- ▶ **Second Chance Breakfast, eaten in the cafeteria**
- ▶ **Grab and Go to Common Area**

Breakfast is offered/served in the classroom and eaten in the classroom after the bell rings.

Breakfast is offered/served from one or more central locations at the start of the day only. Students have the option to eat it in their classroom after the bell has rung.

Breakfast is offered/served from one or more central locations. Students have the option to pick it up between 1st and 2nd period to eat it in their classroom after the bell has rung

Breakfast is offered/served and eaten in the cafeteria between 1st and 2nd period and students have at least 15 minutes to eat

Breakfast is offered/served from one or more central locations, and students must finish their breakfast in a common area before going to their classroom

TYPE'S OF BREAKFAST PROVISION

- ▶ **583,000 children are food insecure (1 in 5)**
- ▶ **801,000 children qualify for free and reduced lunches**
- ▶ **Less than half of those eat school breakfast**



CASE STUDY - ILLINOIS FACTS AND FIGURE

- ▶ **Doesn't fit bus schedule**
- ▶ **Parents don't want pupils to eat twice**
- ▶ **Parents should feed pupils at home**
- ▶ **We don't need it – not many free and reduced**
- ▶ **No supervision in cafeteria**
- ▶ **Don't want pupils coming to school so early**

WHY?



- ▶ Fits all bus schedules
- ▶ Pupils don't need to come to school early
- ▶ Convenient for parents and students
- ▶ Removes all stigma of poverty
- ▶ No need for cafeteria supervision
- ▶ Increases participation = increased program revenue

Breakfast **After** The Bell Solutions

- ▶ **No room in kitchen for storage**
- ▶ **Too messy in the classroom**
- ▶ **Already loosing money at lunch**
- ▶ **Not enough staff to prepare and serve**
- ▶ **High school students won't participate**
- ▶ **Teachers don't want to do it**

THEY SAID WHAT?



GO FROM GLASS HALF EMPTY TO GLASS HALF FULL THEORY

- ▶ Breakfast food is already in storage
- ▶ Great ideas for classroom cleanliness
- ▶ Adding revenue
- ▶ Finding time in the production schedule
- ▶ Take it to the pupils
- ▶ Find your breakfast champions

- ▶ 1600s – Mush and Beer
- ▶ 1700s – Oil balls introduced
- ▶ 1902 – First batch of corn flakes baked in sanitarium
- ▶ 1940 – WW II required a solution to scurvy, Florida Citrus Commission frozen concentrate in a vacuum



400 YEARS OF BREAKFAST

- ▶ Improved math, reading and standardized test scores
- ▶ Better behavior and get along with peers
- ▶ Improves attention, problem-solving tasks and memory
- ▶ Fewer absences and lateness

BENEFITS OF BREAKFAST



MORE BENEFITS

- ▶ Consume more vitamins, minerals, calcium, fiber, folate and protein
- ▶ Less likely to be overweight
- ▶ Establishes healthy habits for later in life
- ▶ Type of food consumed had cognitive effects on students

▶ **Central Elementary, CO**

Two month pilot of Breakfast in the classroom increased breakfast from 140 to 580 students daily. Also included a 40% drop in student discipline referrals. Since the start of breakfast, lunch participation has also increased.

▶ **Alexander High School, GA**

Uses 10 minute break in the morning. 6 stations throughout school, no added labor. Went from 40 students to 800 students participating with enrollment of 1150.

SUCCESS STORIES

INVEST IN THE FUTURE

“Breakfast After the Bell is a sound investment in children that helps guarantee a solid return for the community”



A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be.

Rosalynn Carter



THANK-YOU

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