

HOW CAN I GET THIS STARTED IN MY SCHOOL?

The Virginia Department of Education in partnership with The Virginia No Kid Hungry Campaign is here to help YOU.

Sandy Curwood

Director, Office of School Nutrition Programs
Virginia Department of Education
804.225.2074 | sandy.curwood@doe.virginia.gov

Elizabeth Brightwell

No Kid Hungry Virginia Program Associate
Virginia Department of Education
804.371.4281 | elizabeth.brightwell@doe.virginia.gov

CAN MY SCHOOL AFFORD TO DO THIS?

There are many grants available:

Fuel Up to Play 60 (FUTP60)

Schools can apply for up to \$4,000 in grant funds to support school-wide nutrition and physical activity initiatives that make breakfast more accessible to all students. Visit www.fueluptoplay60.org for more information or contact your local FUTP60 representative at kbrittle@sedairy.org for Southeast United Dairy Industry Association (SUDIA) or kdeecher@milk4u.org for American Dairy Association North East (ADANE)/Mid-Atlantic Dairy Association (MDA). Funds are granted based on enrollment. There is no required percentage of students eligible for free or reduced meals to apply.

Funding opportunities are ongoing.

Local Dairy Council Breakfast Grants

The Southeast United Dairy Industry Association (SUDIA) and American Dairy Association North East (ADANE)/Mid-Atlantic Dairy Association (MDA) support alternative breakfast programs in schools through technical assistance, equipment grants, and funding for new initiatives. Visit www.southeastdairy.org and contact your local Dairy Council representative, Kristin Brittle, at kbrittle@sedairy.org or 804.201.3941 for more information. Northern Virginia – visit www.dairyspot.com and contact your local Dairy Council representative, Leona Fitzgerald, at lfitzgerald@milk4u.org or 301.832.2706 for more information.

Funding opportunities are ongoing.

Share Our Strength: No Kid Hungry Virginia Breakfast Grant

The No Kid Hungry Breakfast Expansion Grants aim to support schools with the purchase of approved equipment, materials and initiatives facilitating alternative breakfast delivery models. Schools currently implementing or preparing to implement an alternative breakfast delivery model may apply. Contact Elizabeth Brightwell at elizabeth.brightwell@doe.virginia.gov or (804) 371-4281 for more information.

Funding opportunities are ongoing.

Other opportunities might be available. For more information contact Elizabeth Brightwell.

The No Kid Hungry School Calculator is a great tool to estimate the financial impact of alternative breakfast for your school. Visit www.bestpractices.nokidhungry.org

“

“Making sure our children are healthy and well-nourished is important to maximizing educational opportunity.”

Dorothy McAuliffe
First Lady of Virginia

”

FOR VIRGINIA KIDS, BREAKFAST IS IMPORTANT.



Eating breakfast at school helps children perform better in the classroom. Research finds that students who eat breakfast attend more days of school and score 17.5 percent higher on math tests. More days in the classroom and higher test scores set students on a path to graduate and earn higher wages.¹

The traditional model of serving breakfast in the cafeteria before class often does not reach all the students who need it. Only half of Virginia kids who depend on school lunch start their days with school breakfast. That leaves almost 260,000 kids in Virginia who come to class hungry every morning.

Alternative breakfast models offer an opportunity to feed more children by making breakfast more convenient for students. The most effective alternative breakfast model, Breakfast After the Bell, allows students to enjoy their meal after the instructional day has begun.



BREAKFAST AFTER THE BELL MODELS ARE SHOWN TO BE THE MOST EFFECTIVE AT BOOSTING PARTICIPATION IN SCHOOL BREAKFAST PROGRAMS.

By making breakfast a part of the school day, participation in school breakfast dramatically increases because it is convenient and accessible to all. To qualify as Breakfast After the Bell, students must have the opportunity to eat their breakfast *after* the start of the instructional day.

POPULAR BREAKFAST AFTER THE BELL MODELS:

Breakfast in the Classroom (BIC)—Students eat breakfast in the classroom. Breakfast meals can be delivered to each classroom or picked up from a central location (i.e. cafeteria or hallway kiosk) on the way to class.

Grab & Go Breakfast—Students pick up breakfast meals as they arrive at school and eat on the way to class or in the classroom. Meals can be made available in a variety of locations by placing mobile service carts at the school entrance or other high-traffic areas.

Second Chance Breakfast—Students eat breakfast during a nutrition break in the morning, usually after first period, either in the cafeteria or from strategically placed mobile service carts.

¹Ending Childhood Hunger: A Social Impact Analysis, Deloitte, 2013; www.nokidhungry.org/pdfs/school-breakfast-white-paper.pdf

BREAKFAST IN THE CLASSROOM:

Spotlight on Newport News

More than 20 schools in Newport News decided to explore Breakfast in the Classroom after years of long breakfast lines and rushed students. These schools decided their students would benefit from a more orderly, calm morning. Additionally, by serving breakfast in the classroom, the teachers are able to ensure that all of the students have the opportunity to eat breakfast.

How does their program work?

Every morning, a “breakfast tote” is delivered to each classroom. The tote includes the breakfasts, a roster and a trash bag. As the students arrive to school and sit down at their desks, the teacher passes out the breakfasts and checks the students off of the roster. The students are able to enjoy their breakfasts together, at their own pace. The teachers are able to take roll, go over homework or read to their students.

Is the program working?

Many in Newport News were concerned when these schools decided to make the transition to alternative breakfast. They were concerned about students making a mess and classroom staff not completing the rosters correctly. They were concerned about more work and loss of instructional time. As it turns out, alternative breakfast was neat and clean, and far more orderly and efficient than many expected. Their students have benefited immensely both from the meal and from the new, calm structure of their mornings.



“The Breakfast in the Classroom Program has had a very positive effect on the culture of the school day. The morning mad dash to be in the front of the breakfast line has been replaced with a family style sharing of a nutritious meal.

Students enter their class, get their breakfast and read silently while eating or participate in morning meetings. There has been a 28% decrease in tardiness and there have been zero discipline referrals related to breakfast routines. Overall, the school day begins with a positive tone.

Izzie R. Brown/Principal
Carver Elementary School
Newport News

”

GRAB & GO:

Spotlight on Henry County

In 2006, Henry County began experimenting with alternative breakfast models. The division decided to make this transition when they saw hungry kids who needed feeding. To meet that need, the division decided to move to alternative breakfast, a program proven to feed more children. Different schools throughout the division chose different models, based on the needs and set-up of their school.

How does the program work?

Today, many of Henry County’s schools deliver breakfast through Grab & Go models. Although each school’s model varies slightly depending on the school’s set-up, in the standard Grab & Go model, after students arrive at school, they go directly to the cafeteria. After students get their breakfast they are able to go to their first period class and finish eating their meal even after the instructional day has begun. This program has given students the time to both get and enjoy their breakfasts. Through this program, students in Henry County are able to start their day off right.

Is the program working?

Because of Grab & Go breakfast, Henry County is able to feed more children. Their breakfast participation numbers have grown since moving to alternative breakfast. For example, of the division’s two middle schools, one serves Grab & Go breakfast and the other has continued with the traditional breakfast serving model. In the Grab & Go school, breakfast participation is **double** that of the traditional middle school.

When students in Henry County were first given the opportunity to eat in the classroom, teachers and custodians were concerned about the mess. As it turns out, these concerns were overblown; with the necessary cleaning supplies and appropriately packaged food, students are able to avoid spills and clean up after themselves.



SECOND CHANCE BREAKFAST:

Spotlight on Harrisonburg City

In 2008, only 22% of the students in Harrisonburg High School were eating breakfast. To solve this problem, Harrisonburg High School started offering Second Chance Breakfast.

How does the program work?

Breakfast is now not only available at the traditional time before school starts, but again between first and second period. Breakfast is served in the cafeteria. Students are offered many of the same breakfast items during their “second chance” however, many of these items are bagged in advance so students can proceed through the line quickly and move on to their second period class. All cafeteria lines are open for students and a warning bell rings so that students are able to get to their next class on time. Students are able to take their breakfast with them to finish in the second period class.

Is the program working?

Second Chance Breakfast has been a great success since its implementation in 2008. Since implementing Second Chance Breakfast, breakfast participation has increased nearly **30%**. About 250 of the 750 breakfast meals served on an average day are served after first period.