

## **Full Plates Full Potential**

### **School Breakfast Mini Grants 2016-2017 Report**

Full Plates Full Potential awarded 13 mini-grants to schools totaling \$26,800 for their breakfast program during the 2016-2017 school year. Grants ranged from \$400-\$4,000 and covered costs for items such as breakfast carts, coolers, blenders, strainers, and technology to help the school implement alternative breakfast models.

Preble Street Maine Hunger Initiative (MHI) chaired the FFP School Breakfast subcommittee, oversaw the administration of the School Breakfast mini-grant program, and provided technical assistance throughout the year to the awarded schools to help them implement alternative breakfast models and increase breakfast participation.

In June 2017, MHI conducted surveys with students attending the schools that received mini-grants. Students said that School Breakfast makes them feel strong and healthy and that eating breakfast gets them going in the morning so they can focus on what matters, rather than thinking about being hungry.

“[Breakfast at school] provides a healthy balance” – High School student

“It gets me going and I can stay focused on what I need to do rather

Since implementing an alternative breakfast model, schools say that there has been a decrease in the number of visits to the nurse and principal’s office, and that teachers have seen an improvement in student academic performance (attention, concentration, and participation).

Implementing a Breakfast after the Bell delivery model helps to reduce stigma and increases participation in the School Breakfast Program.

Refer to charts 1 and 2 below for a list of 2016-2017 FFP School Breakfast grantees and the alternative breakfast program results.

“With your grant, our students were fed a nutritional breakfast every morning. They were able to better focus on their school work, increase their on-task behavior, decrease behavior problems in the classroom,

**Chart 1: 2016-2017 FFP School Breakfast Grantees**

School(s) Name	Town	Breakfast Model	Grant Amount	Equipment funded
Piscataquis Elementary	Guilford	In the Classroom	\$ 600	3 utility carts
Kittery High (Robert William Traip Academy)	Kittery	Grab N Go	\$ 400	1 blender
Molly Ockett Middle	Fryeburg	2 <sup>nd</sup> Chance	\$ 1,500	iPad/tablet
South Portland High	South Portland	2 <sup>nd</sup> Chance	\$ 4,000	Grab N Go breakfast cart
Cornville Charter	Cornville	Grab N Go	\$ 5,000	New breakfast program
Hilltop and Teague Park Elementary Schools	Caribou	In the Classroom	\$ 2,000	60 wheeled coolers
Bonny Eagle Middle	Buxton	2 <sup>nd</sup> Chance	\$ 4,000	Grab N Go breakfast cart
Alton, Bradley, Old Town Elementary Schools	Alton, Bradley, Old Town	In the Classroom	\$ 550	6 coolers
Sebago and Songo Locks Elementary Schools	Sebago, Casco	In the Classroom	\$ 1,500	4 carts, 2 pin pads, 65 strainers, 250 baskets
Harmony Elementary	Harmony	In the Classroom	\$ 500	Coolers and strainers
Sacopee Valley Elementary	Hiram	2 <sup>nd</sup> Chance	\$ 750	iPad/tablet
Oxford Hills High	Norway	Grab N Go	\$ 4,000	Grab N Go breakfast cart
Hall Elementary	Portland	Universal	\$ 2,000	Universal breakfast
<b>TOTAL</b>			<b>\$26,800</b>	

**Chart 2: FFPF School Breakfast Grantee Results**

School Name	Total F/RP Meals Served May 2016	Overall ADP May 2016	Total F/RP Meals Served May 2017	Overall ADP May 2017
Piscataquis Elementary	2,044	125	2,079	108
Kittery High (Robert William Traip Academy)	585	47	447	40
Molly Ockett Middle	1,262	77	1,595	92
South Portland High	2,559	128	2,975	147
Cornville Charter	not available	not available	543	40
Hilltop Elementary*	775	45	2,785	167
Teague Park Elementary*	654	37	1,561	116
Bonny Eagle Middle	1,854	110	2,267	137
Alton Elementary*	234	16	230	15
Viola Rand Elementary (Bradley)*	187	13	236	16
Old Town Elementary*	1,639	88	2,574	146
Sebago Elementary	237	19	343	29
Songo Locks Elementary	1,968	114	2,363	155
Harmony Elementary	307	22	541	33
Sacopee Valley Middle	2,092	115	2,147	116
Oxford Hills High	3,158	169	4,540	243
Hall Elementary	2,024	218	3,609	296
<b>TOTAL</b>	<b>19,555</b>	<b>1,345</b>	<b>27,226</b>	<b>1,898</b>

\* indicates multiple schools funded under one grant

- Total Average Daily Participation (ADP) across all FFPF funded schools, May 2017: **1,898**
- Total additional students eating breakfast at FFPF funded schools, May 2016-2017: **553**

- Total additional meals served to F/R students, May 2016-2017: **7,128**

### ***Success Stories***

**MSAD 61 Lakes Region Elementary Schools** - Andy Madura, Food Service Director, formed a School Breakfast Task Force at each of the elementary schools to raise awareness among the teachers about the School Breakfast program, cultivate buy-in, and gather input to ensure continued success of the program.

“We had several incidents where a student came to us to thank us for their breakfast, as they had not eaten since the lunch meal the day before. This is why we are doing this, and will continue to do so.”

**South Portland High School** - Martha Spencer, Food Service Director, reports that the breakfast cart purchased using grant money has proven to be financially sustainable.

**Kittery High School** - Wendy Collins, Food Service Director, reports that this year’s Grab ‘N’ Go cart was so successful that she is proposing that administration launch a second Grab ‘N’ Go station next year. Though Kittery High School saw a drop in participation numbers, percent of participation rose from 13% in March 2016 to 15% in May 2017, an increase overall.

**Oxford Hills High School** - Jodi Truman, Food Service Director, plans to implement a Grab ‘N’ Go cart at the middle school next year.

**Bonny Eagle Middle School** - Dottie Janotta, Food Service Director, discovered the importance of consistency in the location of the cart so kids can rely on it. Dottie also plans to implement a second breakfast opportunity next year: a breakfast vending machine. MSAD 6 administrators were so supportive they asked Dottie to feed all kids during testing week.

### ***Challenges***

- Staffing can be an issue especially when short staffed and people are out due to illnesses.
- Many schools report students not having enough time to eat breakfast.
- To make the program budget net-neutral, robust participation by all categories of students (free, reduced and paid) is critical to cover the cost of food and labor. Portland Public Schools needs a monthly participation rate between 70-75% among all students to cover costs. PPS will continue to run the in-classroom universal breakfast program at Hall School in 2017-18 in hopes of seeing rates of participation yield reimbursements that will fully cover costs. Outreach from PPS and school leadership to Hall School staff, parents, and students will continue in order to emphasize the value and importance of participation. Participation will be encouraged for any/all students by articulating the value of eating at the start of the day.

- Alton Elementary School (RSU 34) and Kittery High School both experienced slight decreases in participation, though both reported overall success and did not report any challenges that would explain the drop. Kittery High hopes to maintain a high participation rate in the breakfast program's second year (in October 2016 the high school hit a high of 17% participation). RSU 34 Food Service Director, Stephanie Salley, plans to expand the breakfast program by offering breakfast in the classroom to all classes, after piloting it in kindergarten and 5<sup>th</sup> grade classes this year.

## ***Media***

**FPFP School Breakfast Cart video:** <https://youtu.be/V4jJjDnygrE>

**South Portland, Sentry** article on high school breakfast cart:

[http://sentry.mainelymediallc.com/news/2017-06-09/Front\\_Page/Student\\_breakfast\\_program\\_a\\_success.html](http://sentry.mainelymediallc.com/news/2017-06-09/Front_Page/Student_breakfast_program_a_success.html)

**Caribou** – Letter to the Editor in the Bangor Daily News:

<http://bangordailynews.com/2017/08/07/opinion/contributors/kids-cant-learn-when-theyre-hungry-so-i-decided-to-give-students-free-breakfast/>



**Portland Public Schools** (pictured above left): Hall School featured on Maine Life—[https://www.facebook.com/893647300754604/videos/1106701272782538/?hc\\_ref=ARTgxev7oGUzqLCNrWT7-4zNAyWsJbSfWsV\\_mXtV-hz5NkKw0yMnOtVLgI0Z3MEZmKQ](https://www.facebook.com/893647300754604/videos/1106701272782538/?hc_ref=ARTgxev7oGUzqLCNrWT7-4zNAyWsJbSfWsV_mXtV-hz5NkKw0yMnOtVLgI0Z3MEZmKQ)

**Kittery** (pictured above right): Smoothies and yogurt parfaits are very popular

## ***Notes***

- Final reports were not received from: Jay Bevis, AOS 94; and Travis Works, Cornville Regional Charter School.

- Districts also receiving FFPF funding for the 2017-2018 school year: MSAD 61–Lakes Region Schools; and Kittery Schools.
- Grantees that were also 2016-2017 School Breakfast Challenge winners: MSAD 17–Oxford Hills; and RSU 34–Alton, Bradley, and Old Town.