

# BREAKFAST AFTER THE BELL



## A TOOLKIT FOR SCHOOLS

Under Maine law, a school administrative unit with a public school in which at least 50% of students qualified for a free or reduced-price school meal during the preceding school year is required to serve breakfast after the start of the school day and qualifies for state funding.

**Learn more at:**

**<https://www.maine.gov/doe/schools/nutrition/programs/breakfast>**

Any school not eligible for state funding to support breakfast after the bell is encouraged to apply for a Full Plates Breakfast Grant.

**Learn more at:**

**<https://www.fullplates.org/grants/school-breakfast-grant-program/>**

# BREAKFAST AFTER THE BELL

Custodians



## WHAT?

Breakfast will be an easy grab & go type of meal.



## WHEN?

Usually during the first 10-15 minutes of school (your school may set a different schedule).

1



## WHY?

Because many students do not get to eat before they start school.

2



## WHERE?

In the classrooms at their desks.

3

4



5

## WHO?

All students will be offered a breakfast!

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### WHY?

Many families are on a tight budget or do not have the time in the morning to feed their children. Some children cannot eat early in the am. Studies have shown that students who eat a healthy breakfast have improved academic outcomes and attendance, have decreased visits to the school nurse and fewer behavior issues. Breakfast after the bell will allow students to socialize with their friends before the bell rings and avoid the stigma of eating breakfast in the cafeteria before school starts.

### WHAT?

The School Nutrition Program in your school will offer foods that are healthy and taste great. There are strict guidelines that must be followed by all schools. There are many breakfast foods that meet the guidelines. The breakfast may be served in a disposable "boat" type tray or it may be bagged and ready to go.

### WHERE?

Whether students pick up their breakfast and head to the classroom or it is delivered to them by the School Nutrition Staff, students will eat at their desk with their classmates and teacher. The details will be worked out by the administration at your school as far as timing and where it will work best to distribute the meals.

### WHEN?

There are different models for different age groups. Older students often are offered a second chance breakfast after the bell rings--perhaps the first 10 minutes of the first or second period of the morning. The younger students will usually eat during the first 10-15 minutes after the bell in their classrooms depending on the schedule that will be set by your principal and teachers.

### WHO?

Breakfast is available to ALL students. The National School Breakfast Program is a federal school nutrition program just like school lunch. Maine students who are eligible for reduced price meals are also able to enjoy their breakfast for free. The State picks up the cost so that both Free and Reduced eligible students can eat for free.

## HOW CAN I HELP?

Be supportive of this newest way to get meals to hungry children. Yes there may be a few bumps in the road but if everyone works together things will smooth out. There will be more trash in the classrooms. One idea was to have a separate trash bin for food items and packaging so that can be emptied daily. Teachers will be present when students are eating and can help with any spills, etc.

## TESTIMONIALS

“Before the program started, I said there would be five spills a day. That first month, I don’t think there were five spills total”

**-Custodian, New York**

“The difference in the children is well worth the little bit of effort it takes. Working together really makes all the difference in the world. It really doesn’t seem to add onto our time...just to the trash capacity.”

**-Todd DeVoll, Custodian, Noble Middle School  
Berwick, ME.**

### **For more information and assistance with your program contact:**

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