

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/>



WHAT?
A wide variety of healthy and delicious food



WHEN?
Usually during the first 10-15 minutes after the bell--
Can also be a second chance type or grab n go.

1



WHY?
Students need a healthy breakfast daily to do their best

2



WHERE?
In the classrooms, either delivered or picked up

3

4



WHO?
Breakfast is available to all students every day!

5

BREAKFAST AFTER THE BELL

School Nutrition Staff

WHY?

As you already know there is a lot of room for improvement in the numbers of students who enjoy breakfast at school. Most of you have tried many different ways to increase breakfast counts. Breakfast After the Bell is aimed at helping to increase meal counts and cut down on hungry children trying to learn. We already know that studies are showing there is a connection between school breakfast and academic achievement, decreased behavior problems, fewer visits to the school nurse and increased attendance. Breakfast after the bell will allow students to socialize with their friends and still be able to eat a healthy breakfast. Many families are on a tight budget or are too busy in the mornings to get much for food for their children. Some children cannot eat first thing in the morning. Breakfast after the bell will help to get food to all the children who need it.

WHAT?

We want to offer nutritious and tasty foods to children that meet the SNP Guidelines for a healthy breakfast. Talk to other schools and your vendors to find new and exciting items to help keep students interested.

WHERE?

Many students miss out on breakfast at school because of being dropped off too late, not knowing what is available or choosing not to eat in the cafeteria. Breakfast after the Bell can help us reach those students and more. Work together with the principal and teachers to find the best way to get breakfast to the classroom so all kids can eat together with their teacher. Breakfast will be a part of the school day! It can be grab n go type meals in a bag given out from a cart as students head for the classrooms, it can be a cart that goes around to rooms, maybe a kiosk in the hallway where students can come to get their meal. What ideas do you have??

WHEN?

Timing will depend on your school's schedule. Usually 10-15 minutes after the beginning bell for school to start. There are different school breakfast models to look at. The meal will be enjoyed by all students after the start of school--as part of the school day.

WHO?

School Nutrition Staff will be the leaders in this effort to feed more hungry children! Don't hesitate to ask for help if you need more ideas or help with implementing this new program. There is money and resources available for you to get what you need and help get this program running smoothly. Remember that this is a great thing for our students and people will get on board once they see how easily this new change can be put in place. Let's meet this challenge and watch the numbers go UP on our breakfast counts as we fill the needs of these hungry children.

HOW CAN I GET A PROGRAM STARTED?

- Talk to Administration--start with your Superintendent, then the principal of your school. Get support for feeding the hungry students in your school after the bell before beginning if possible. Maybe even have the principal put you on the agenda for a staff meeting so you can lay out your plans for them and answer any questions.
- Get your managers and kitchen staff on board. Some may see it as extra work. Remind them our job is to get food to as many hungry students as we can. Most of the time you won't need extra labor--it is just a different way to serve breakfast and a rearrangement of the existing labor. It is exciting to see the counts go up.
- There are many ways to start a breakfast after the bell program at your school. Here is a list of some techniques that are used in other schools:
 - At the high school level some schools are able to open the cafeteria for 10-15 minutes after the first bell and some also let them do it again for the second period of the day...allowing students to come get breakfast that might have missed it before school.
 - "Grab n Go" type.....can be offered at the cafeteria just before the first bell rings...and continuing after the bell so that any students wanting to get a breakfast can pick it up and take it to the classroom to eat.
 - Kiosk in the hallways...a "Grab n Go" type bag or even a 5# paper boat works well for grab n go type meals. The kiosk should be located centrally to help students get served quickly and get to the classroom to eat after the bell.
 - Breakfast cart that either sits in the hallway OR one that visits classrooms after the first bell. A hand held tablet works well to enter students as they come for their breakfast. Take a look at the Breakfast Video from Noble Middle School--the link is listed below for you. They have two carts that visit at least 20 classrooms on 3 floors after the first bell.
- If you run into some opposition to your plan...one idea that has worked well in the past is to ask for permission to try a "pilot" program for 4 weeks....to work out the issues, etc...and see if the breakfast counts go up. Usually that will help you get it up and running and show some good results

Example of planning outline to get you started:

1. What model would work well in my school?
 - Grab and Go
 - Breakfast in the Classroom
 - Other
2. What equipment will I need?
 - Cart
 - POS
 - what else?
3. Staffing.....

RESOURCES:

There are 4 breakfast cart videos available on the Maine Department of Education Child Nutrition Website under Breakfast Programs and then scroll down to the videos.

[Noble Middle School Breakfast After the Bell Video](#)

Funding is available to support schools switching to Breakfast After the Bell! If your school has 50% or more students eligible for free and reduced meals, you can apply for state funding [here](#). In addition, any school can apply for Full Plates Full Potential's Breakfast Grant.

For more information contact [Anna Korsen](#), [Chris Greenier](#), or [Lynnette Harriman](#).

TESTIMONIALS

"We started doing the breakfast cart here at NMS about ten years ago. Our high school had done it in the past with great success so we were hopeful we'd get good results. Our breakfast counts went from averaging around 50 to over 200. Not only do the kids love it but we've gotten great feedback from the teachers as well. They've seen the difference between trying to teach a hungry child vs a well fed child so they welcome us with open arms!"

Julie Downs, Kitchen Manager, Noble Middle School

Julie.Downs@msad60.org

"The breakfast cart we purchased through the Full Plates grant has greatly impacted our school breakfast program at Wells Elementary School. Our breakfast participation has doubled in only 3 months and the students love it!"

Christian Pasternak, School Nutrition Director, Wells-Ogunquit Consolidated School District

For more information and assistance with your program contact:

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THANK YOU FOR YOUR SUPPORT!