Breakfast Resource Guide

Our work in the Division of Health & Wellness at the Office of the State Superintendent of Education (OSSE) is fueled by the knowledge that healthy bodies and minds are the foundation of academic success. Participation in school breakfast leads to improved dietary intake, reduced food insecurity, better test scores, improved student health, and fewer distractions in the classroom throughout the morning.[1] In support of school breakfast, the DC Healthy Schools Act requires that schools offer free breakfast to all students and for some schools to offer breakfast via alternative serving models. Specifically, if more than 40 percent of students at a school qualify for free or reduced-price meals, and breakfast participation is below 75 percent of average daily attendance:

- Elementary schools must offer breakfast in the classroom each day (one-year waiver applications available starting in the 2020-21 school year).
- Middle and high schools must offer alternative breakfast serving models each day.

This breakfast resource guide will assist schools in making the transition to an alternative breakfast serving model or support schools in making their current alternative breakfast serving model better and more efficient. This guide provides an overview of the resources located in OSSE's resource bank, which can be found on the OSSE health and wellness training and resources website.

Resources are divided into the following categories:

- **Toolkits** - Comprehensive resources for all types of serving models. Useful for schools switching to an alternative service model or schools that want to make their existing alternative breakfast program better and more efficient.
- **Universal Tools** - Guides, tools and talking points for all types of serving models
- **Breakfast in the Classroom (BIC)** - Additional BIC resources, most commonly served in elementary schools
- **Grab and Go** - Grab and Go implementation, for middle and high schools
- **Second Chance Breakfast** - Overview of the model, most common in high schools
- **Elevating an Existing Program** - Tools for schools already operating an existing alternative breakfast serving model

Have an alternative breakfast serving model success story? Send an email to Alex.Dobbs@dc.gov and tell us about it!

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[1] Food Research & Action Center. (2019). School Breakfast Scorecard School Year 2017-2018. Available at https://frac.org/wp-content/uploads/school-breakfast-scorecard-sy-2017-2018.pdf. Accessed on September 5, 2019.

Toolkits

[Arizona Breakfast Toolkit](#):

Source: Arizona Department of Education
Audience: Food service directors, school kitchen managers, principals, teachers and custodial staff.
Length: 326 pages
Content: Comprehensive toolkit used to assist in transition from traditional school breakfast to an alternative breakfast model. Toolkit is useful to ensure ongoing and continued program success. This toolkit is broken up into three sections: breakfast in the classroom (BIC), grab-n-go, and second chance breakfast. Each section is then broken up by role. Roles include food service director, kitchen manager, principal, teachers and custodial staff.
Editable version found here: http://www.azed.gov/hns/nslp/sbp/

[The NEA Foundation School Breakfast Toolkit](#)

Source: The NEA Foundation
Audience: School nutrition program directors and managers; stakeholders looking to advocate for serving an alternative breakfast serving model.
Length: 20 pages
Content: Comprehensive toolkit discusses benefits of school breakfast, what is breakfast in the classroom, roles different staff members play, frequently asked questions, activities and books to read during breakfast time for all grades, and breakfast advocacy touchpoints.

[Breakfast Blueprint, Breakfast After the Bell Program Support Learning](#)

Source: Food and Research Action Center (FRAC)
Audience: SFAs switching to an alternative breakfast model.
Length: 23 pages
Content: Best practices and strategies for conducting breakfast after the bell programs. This toolkit focuses on making the switch to an alternate breakfast model, a launch plan, strategies for a productive classroom, strategies for maintaining a clean space, strategies for boosting student satisfaction, evaluating program success, and taking the program to the next level once implemented.

Universal Tools

[Pre-Implementation Checklist](#)

Source: No Kid Hungry
Audience: SFAs implementing a new alternative breakfast program.
Length: 5 pages
Content: Steps that should be taken in order to properly prepare for the rollout of a new program.

[How to Start a Breakfast After the Bell Program](#)

Source: Partners for Breakfast in the Classroom
Audience: Stakeholders looking to start a breakfast after the bell program.
Length: 3 pages
Content: Step-by-step overview on how to start a breakfast after the bell program in your school. Guide includes an overview of initial meetings, financial success, developing an implementation plan, and strategies to increase participation. Resource also includes links to additional resources for more guidance.

[Innovative Approaches to Enhancing Adolescent Nutrition: Breakfast After the Bell Program in Middle and High Schools](#)

Source: Office of the Assistant Secretary of Health
Audience: Middle and high schools looking to implement an alternative breakfast model.
Length: 50 pages
Content: This resource contains presentations from multiple sources:
- No Kid Hungry: Barriers to breakfast, breakfast after the bell in middle and high schools.
- USDA: Alternative breakfast models, overcoming barriers, toolkits, success.
- Reading School District, Pennsylvania: Case study on implementation with data supporting alternative breakfast models.

[Second Chance Breakfast - Quick Guide](#)

Source: Child Nutrition Outreach Program (CNOP), Massachusetts Department of Education
Audience: Middle and high schools looking to implement an alternative breakfast model.
Length: 8 pages
Content: Quick guide explaining second chance breakfast, implementation timeline, frequently asked questions, Massachusetts school breakfast challenge overview, and a highlight of implementation at Frederick W. Hartnett Middle School.

[Attendance Playbook - Smart Solutions for Reducing Chronic Absenteeism](#)

Source: FutureEd, Attendance Works
Audience: Stakeholders advocating for alternative breakfast serving models.
Length: 1 page (playbook is 48 pages, 1 page covers alternative breakfast serving models).
Content: Page 14 addresses breakfast. One pager inside the Attendance Playbook links alternative breakfast serving models to increased attendance in schools.

[Talking Points for Introducing Breakfast After the Bell to Stakeholders](#)

Source: No Kid Hungry
Audience: Stakeholders advocating for alternative breakfast serving models.
Length: 3 pages
Content: Talking points specifically for stakeholders, teachers, principals and superintendents.

[Breakfast After the Bell Myths](#)

Source: No Kid Hungry
Audience: Stakeholders looking to advocate for school breakfast.
Length: 2 pages
Content: Debunks common myths associated with alternative breakfast models.

Breakfast in the Classroom (BIC)

[Breakfast in the Classroom Budgeting Tool](#)

Source: Oregon Department of Education
Audience: School nutrition program directors and managers.
Length: 1 Excel workbook
Content: Budgeting tool used to determine the cost of serving breakfast in the classroom.

[Breakfast in the Classroom Budgeting Tool Instructions](#)

Source: Arizona Department of Education
Audience: School nutrition program directors and managers.
Length: 4 pages
Content: Instructions for using the Breakfast in the Classroom Budgeting Tool from the Oregon Department of Education listed above.

[Breakfast in the Classroom Rollout Timeline](#)

Source: No Kid Hungry
Audience: Staff members gearing up to implement breakfast in the classroom.
Length: 7 pages
Content: This resource is a timeline that starts six to eight weeks prior to implementation and follows the process through to a month post implementation. The resource has tasks for the school nutrition staff, principal, teachers, custodians, nurse, and paraeducators.

Grab and Go

Grab and Go Rollout Timeline

Source: No Kid Hungry
Audience: Staff members gearing up to implement grab and go.
Length: 8 pages
Content: This resource is a timeline that starts six to eight weeks prior to implementation and follows the process through to a month post implementation. This resource has tasks for the school nutrition staff, principal, teachers, custodians, nurse, and paraeducators.

Tips for Implementing an Effective Grab and Go Breakfast Program

Source: No Kid Hungry
Audience: Schools and SFAs implementing a grab and go program.
Length: 1 page
Content: Quick tip sheet for grab and go implementation.

Second Chance Breakfast

Second Chance Breakfast Overview

Source: Action for Healthy Kids
Audience: Middle and high schools looking to implement second chance breakfast.
Length: 2 pages
Content: Overview on how second chance breakfast works and why it should be considered.

Elevating an Existing Program

Breakfast Tracker for Students

Source: Child Nutrition Outreach Program (CNOP)
Audience: Teachers, food service staff
Length: 1 page
Content: Colorful tracker for students to track when they eat school breakfast. This tool can be used to increase participation in classrooms.

How to Launch a Successful School Breakfast Challenge

Source: No Kid Hungry
Audience: SFAs already running an alternative breakfast program or looking to increase school breakfast.
Length: 4 pages

Content: Benefits of a school breakfast challenge, increasing participation and creating long term effects. Goes over how to design and implement a school breakfast challenge as well as provide technical assistance. Within this document are additional links to past successful breakfast challenges.

Massachusetts Department of Education Breakfast Challenge

Source: Massachusetts Department of Education
Audience: Schools and SFAs looking to increase participation.
Length: 1 page
Content: Example of a school breakfast challenge run by the Massachusetts Department of Education. This challenge encourages schools to hit certain participation goals based on the percentage of students who are eligible for free and reduced-price meals.