



Breakfast Delivered to THE CLASSROOM



Why Serve Breakfast Delivered to the Classroom?

- More students eat breakfast.
- Reach students who do not have time to eat before school or who are not able to get to school in time for breakfast.
- School does not have space that is available or large enough to serve breakfast.
- Classrooms are familiar to students and offer a comfortable environment for eating.
- Convenient and can be prepared quickly with few staff.
- Opportunity to incorporate social and emotional learning for younger students into the school day.
- Reduces the stigma associated with school breakfast for low-income children and provides social bonding time for students and teachers.

How Does Breakfast Delivered to the Classroom Work?

- School nutrition staff packs breakfasts into coolers or insulated bags to be transported to each classroom.
- Staff can prepare in advance for the next day's breakfast, packing non-perishable items in crates and packing milk in coolers in the walk-in refrigerator or cooler.
- Breakfast can be either hot or cold, depending on a school's facilities.
- Breakfast can be delivered to the classroom on carts by school nutrition staff or volunteers.
- A student representative can go to the cafeteria, pick up the breakfasts for those students eating breakfast, and take it back to the class in a cart or wagon.
- Students eat breakfast at the beginning of the day or during morning break time.
- Teachers or school nutrition staff record which or how many students eat breakfast on a printed roster or via computerized system.
- Breakfast only takes 10 to 15 minutes for the student to eat. Many teachers use this time to take attendance, collect homework, deliver announcements or read to the class. In Michigan, breakfast can be counted as instructional time.
- Students are responsible for clearing away their trash into trash bags provided by the cafeteria. Classroom representatives return the trash bags to the cafeteria or leave it in the hallway for the janitorial staff to collect.

When Does Breakfast Delivered To The Classroom Work Best?

- All types of buildings but especially successful in elementary schools
- Students are in the same room at the start of each school day
- Buses arrive just before classes begin
- Teachers are supportive of breakfast and realize its importance to learning
- There is no space to serve breakfast
- The cafeteria is not centrally located

Equipment Needed:

- Coolers or insulated bags to pack breakfasts
- Wheeled bag or cart to deliver to classrooms
- Placemats for desks (laminated piece of construction paper)
- Strainer for classroom sink
- Container to dump extra milk or juice if no sink in classroom
- Cleaning kits for classrooms (wipes, trash bag)

Keys to Successful Implementation:

- Involve school administration, teaching staff, custodian, support staff, school nutrition staff, students and families in the planning and implementation
- Market breakfast availability to families
- Train school staff on procedures
- The effectiveness of breakfast delivered to the classroom is amplified when breakfast is offered free to all students regardless of income.
- Offering breakfast free to all students reduces stigma associated with school breakfast and increases participation which helps the school nutrition department budget. Visit www.fns.usda.gov/sites/default/files/toolkit_expandingaccess.pdf for more information.

Adapted from USDA Energize Your Day! Eat School Breakfast and Food Research and Action Center Expanding School Breakfast