

SECOND CHANCE

Breakfast



Why Serve Second Chance Breakfast?

- Many middle and high school students are not interested in eating breakfast first thing in the morning.
- More students eat breakfast.
- Reach students who do not have time to eat before school or ate very early in the morning.
- Social awareness and stigma associated with school breakfast can be reduced.
- No available space to serve breakfast in the cafeteria.
- Prepared quickly with few staff.
- School has later lunch periods.

How Does Second Chance Breakfast Work?

- Students arrive at school and go to first period classes. Some schools choose to serve breakfast before school as well, either in the cafeteria or from carts in the hallways.
- School nutrition staff package breakfasts in grab 'n' go bags.
- Breakfasts can be hot or cold, depending on school facilities. Foods that are easy to eat or hand held are popular and more convenient.
- Mobile carts or tables located in high traffic areas where there are many students.
- Students participating in breakfast are counted by school nutrition staff when the meal is picked up either through the point of sale system or manual lists.
- Students can eat in the cafeteria or take a bagged meal to be consumed in between classes or during the next period.
- Students are responsible for discarding their own trash. Extra trash cans in the area where students are between classes help ensure trash is discarded properly.

When Does Second Chance Breakfast Work Best?

- A milk break or other break in the morning already exists
- Buses arrive just before classes begin
- There is no time to serve breakfast before classes
- Students rely on vending machines for snacks in the morning
- 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:

- Service area (current or new line)
- Cart/table and portable cooler for breakfasts
- Point of sales equipment (manual book, scanner, tablet, computer)

Keys to Successful Implementation:

- Involve school administration, teaching staff, custodian, support staff, school nutrition staff, students and families in the planning and implementation.
- Offer breakfast at least two hours before lunch, typically between 9 a.m. and 10 a.m. and ensure that students have adequate time to go to the cafeteria or cart and eat breakfast.
- Schools using a cart in the hallway should ensure that carts are strategically placed throughout the school and that there are an adequate number of trash cans to discard breakfast trash in the hallways and classrooms.
- The effectiveness of grab 'n' go models 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

