



Boosting Breakfast Participation: Breaking Tradition to Break the Fast

Federal Programs Summit
Oklahoma State Department of Education
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A Systematic Review: SBPs & Classroom Behavior

Irrespective of SES or nutritional status of students:

- Positive effect of breakfast on classroom behavior
- Mainly positive effect of breakfast on on-task behavior.

Source: Adolphus, Lawton & Dye, Frontiers Human Neuroscience, 2013



A Systematic Review:

SBP and Academic Outcomes

- School grades
 - Habitual breakfast consumption had a positive effect on children and adolescents', with clearest effect on mathematics.
- Standardized tests
 - Positive effect on math in both well- & under-nourished adolescent students
 - Low SES students reported greater gain in language and total test scores

Source: Adolphus, Lawton & Dye, Frontiers Human Neuroscience, 2013



Elementary Students

Standardized Test Scores

- Overall, breakfast consumers had higher test scores in all 3 components of the WIAT III test.
 - Servings of juice negatively correlated with reading & math.
 - Servings of whole grains positively related to HIGHER reading and math scores.

Source: Ptomey et al., Journal of American College of Nutrition, 2016.



Icons: a square with a cross, a square with a circle, and a square with a triangle.

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Icons: a square with a cross, a square with a circle, and a square with a triangle.

WARNING
DO NOT touch the evaporator fan motor. It is very hot and can burn you.
DO NOT touch the condenser coils. They are very hot and can burn you.
DO NOT touch the compressor. It is very hot and can burn you.
DO NOT touch the defrost timer. It is very hot and can burn you.
DO NOT touch the door gasket. It is very hot and can burn you.
DO NOT touch the door handle. It is very hot and can burn you.
DO NOT touch the door latch. It is very hot and can burn you.
DO NOT touch the door hinge. It is very hot and can burn you.
DO NOT touch the door seal. It is very hot and can burn you.
DO NOT touch the door trim. It is very hot and can burn you.
DO NOT touch the door panel. It is very hot and can burn you.
DO NOT touch the door frame. It is very hot and can burn you.
DO NOT touch the door edge. It is very hot and can burn you.
DO NOT touch the door lip. It is very hot and can burn you.
DO NOT touch the door flange. It is very hot and can burn you.
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DO NOT touch the door lip. It is very hot and can burn you.
DO NOT touch the door flange. It is very hot and can burn you.

At Risk Students

Breakfast breaks the fast!

Among at-risk students, morning and afternoon fasts have adverse effects on

- Cognition
- Working memory



When breakfast goes missing:

Nutrition Science

- **Short-term**
 - Less glucose and lower insulin to supply energy and nutrients to the brain
 - Increased stress response causing release of fight/flight hormones
- **Long-term consequences**
 - Lower dietary quality = decline in health
 - More illness = increased absences

Source: Pollitt, Journal of American Dietetics Association, 1995





51.8%



Cooking for Kids

School Breakfast Survey

- 190 responses representing 133 schools/school districts in OK
- Most said they were implementing traditional breakfast alone
 - Top barriers for trying a breakfast after the bell model:
 - Concern regarding sanitation/clean-up
 - Lack of kitchen staff support
 - Lack of time
- 30% are successfully implementing a breakfast after the bell model
- Mostly Grab 'n' Go
 - Top barriers overcome:
 - Concern regarding sanitation/clean-up
 - Lack of custodial support
 - Lack of teacher support
 - Lack of kitchen staff support
 - Lack of time

There is more than one way to serve breakfast.

- Breakfast in the Classroom
- Grab and Go Breakfast
- Second Chance Breakfast



Breakfast in the Classroom

Breakfast is served in the classroom and eaten in the classroom. The process usually takes 10-15 minutes.

(No Kid Hungry, 2018)



Breakfast in the Classroom Success with Carts and Coolers

- “Prep and Organization” –
Cindy Castro, Altus JH Manager
- Prepare at least one day ahead and
get a system that works for your site



All hands on deck!

Get all parties involved in order to get questions answered and develop the best system.

- Principal-communicate any changes, updates and expectations.
- Front Office – communicate changes in class roster, drops and detention.
- CN admin staff – input/scan names, generate rosters from information from the front office
- Classroom Teachers – process adapted by classroom

The image shows two hand-drawn forms titled 'BREAKFAST'. The left form is dated 3-27-19, by teacher SKinner, with 17 breakfasts served and 2 anticipated salads. The right form is dated 3-28-19, by teacher D. Burke, with 17 breakfasts served and 1 anticipated salad.

Date	Teacher	Number of Breakfasts Served	Anticipated # of Salads
3-27-19	SKinner	17	2
3-28-19	D. Burke	17	1

BUY IN...BUY IN...BUY IN!!

All hands on deck!

- CN staff: cart fill - cold & hot insulated containers and bins, cart push & retrieval, clean up and recycle unopened items
- Student involvement: student representatives from each class retrieve & return bins and bags to carts
- Do a "Trial Run" before first day of official school start – takes 15 minutes but makes an impression for the year.



Process Familiarization

- Hold a teachers' meeting to explain the system.
- USDA Guidelines: Serve only "not Offer vs Serve" (provide all food components to each student)
- Share Bin Usage for unopened/not wanted food items
Nothing should be left in the bags unless a student is absent
- Communication of class roster changes for accuracy in daily meal counts
- Classroom Supplies - paper towel, disinfectant wipes and gloves



Resources

Build the carts with Sterno cool and warm bags.
Maintenance should help with cart set-up & staff maintains cleanliness



Flex Cart Push

- CN Staff prep food, fruit, beverage items from menu
- CN Staff dedicated to prep/load of cold items (milk, juice, fruit), warm/cold food entrée items, and pushing carts to designated locations
- Flex carts labeled with name of teacher and color coded per grade
- Option to include number on cart for “push position”.
- Flex cart setup will include cool bags with blue ice block, milk in bun bag, warm bag, and share bin with ice block



Flex Cart Retrieval

Return must be done in a timely manner to ensure food safety-
student rep ease in assist, clean up crew, etc.



Success with BIC

- Mix of Prepackaged & Scratch Food Entrees: Toasted Bagel, Pop Tarts, Frudels, Breakfast Wrap, Muffin Squares, Yogurt/Granola Bar
- Work with your vendor about new ideas/successes
- Opportunity to introduce new fruits and vegetables with information sheets to educate
- "SHARE BIN" is crucial to minimize waste
- More Adventurous: Smoothies, Oatmeal, Parfaits



Grab and Go Breakfast

Breakfast is served from one or more central locations and consumed in the classroom or a common area.

(No Kid Hungry, 2018)



Grab and Go Breakfast

- Increased Participation
- Location Matters
- Getting School Staff Involved
- Feedback From Students
- Marketing New Breakfast Option



Second Chance Breakfast

Breakfast is served between 1st and 2nd periods, usually via Grab and Go to the classroom or common area, or by reopening the cafeteria and allowing students time to eat before they return to class.

(No Kid Hungry, 2018)



Second Chance Breakfast

- Meet the need for older students
- Location in the building and meal timing
- Maintaining control & tardiness to class
- Staffing / Meal count critical (laptops)

“Student Love it – Now eating Breakfast!”



Breakfast Resources

Information

- [Food Research and Action Center \(FRAC\)](#)

Toolkits & Best Practices

- [No Kid Hungry](#)
- [Partners for Breakfast in the Classroom](#)
- [USDA](#)

Grants

- [Dairy Dollars -Dairy Max- Beyond Breakfast](#)
- [Action for Healthy Kids](#)



Breakfast

Cycle Menu

Click on menu item below to view recipe.

<ul style="list-style-type: none"> • Cowboy Muffin or • Sunshine Muffin • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • French Toast Bread Pudding • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Peach Muffin or • Chocolate Chip Muffin • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Oatmeal or • Apple Cinnamon Baked Oatmeal • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Apple Cinnamon Muffin or • Blueberry Muffin • Fresh Fruit • Milk
<ul style="list-style-type: none"> • Breakfast Burrito • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Honey Almond Granola Bar or • Granola Bar • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Sausage English Muffin • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Apple Breakfast Bar or • Pumpkin Breakfast Bar • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Honey Chicken Biscuit or • Banana Cranberry Muffin • Fresh Fruit • Milk



COOKING for KIDS



Culinary Training
for School Nutrition
Professionals

References

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