

## **BENEFITS OF SCHOOL BREAKFAST** (As cited by NEA Foundation)

- Children who eat breakfast at school (and closer to test time) **perform better on standardized tests** than students who skip breakfast and those who eat breakfast at home.
- Studies of school breakfast programs in Massachusetts, Maryland, Minnesota and Rhode Island find that **students who eat school breakfast have better school attendance and are less likely to be tardy. They also exhibit fewer behavioral and psychological problems.**
- Additional studies report that students who eat school breakfast are **20% more likely to graduate high school** and are less likely to experience hunger as adults.
- According to the Utah Food Bank, 1 in 6 Utah children do not know where their next meal is coming from. **School breakfast allows us to feed school children an extra meal during the school day to help minimize food insecurity amongst our students.**

## **HOW BREAKFAST IN THE CLASSROOM (BIC) WORKS**

- Students generally assemble in the gym around **15 minutes before the school bell rings.**
- At a designated time (usually as the bell rings), students are released into the cafeteria to grab breakfast.
- Breakfast food choices are laid out on long cafeteria tables and students can quickly grab whichever items they would like to take for breakfast. They place food items in a small plastic bag with a handle and carry their breakfast to class.
- **The lines move quickly and the entire school is able to move through the line in less than 10 minutes.**
- Students eat breakfast during the first 10-15 minutes of class.
- **Teachers enter breakfast participation information for their class into Power School** daily to record which students are eating. This information is then used by the kitchen manager to claim reimbursement from the state for students who took a meal.
- Clean up stations are set up in the halls so that students can discard trash and uneaten food items in the hallway after breakfast.

## **WHY BIC IMPROVES PARTICIPATION**

In most title one schools, traditional school breakfast participation is less than half that of school lunch participation. The Breakfast in the Classroom (BIC) program helps bridge the gap and, in many cases, can bring breakfast participation up nearly as high as lunch participation. **Here's how BIC helps improve participation:**

- Traditional school breakfast programs require that students arrive to school EARLY in order to receive school breakfast. There are a variety of barriers that make this a challenge for students. Examples include: bus schedules, procrastinator parents, and students who walk to school on their own and may not properly manage morning schedules to allow time for breakfast. **With BIC, students can arrive just as the school day is starting and still receive a school breakfast.**
- There is STIGMA associated with school breakfast programs. Students are often embarrassed to qualify for free/reduced meal benefits and do not want others to know. Traditionally more free/reduced students tend to eat school breakfast and so these students will often avoid eating because they do not want to negatively stand out. **Because BIC is free for ALL students and ALL students assemble in the gym, walk through the breakfast line, and eat in the classroom together, the stigma is removed and children feel more comfortable eating.**
- Traditional breakfast programs are ISOLATING. Students have to break away from friend groups out on the playground or on the school campus to venture to the cafeteria to eat. **With BIC, students all assemble together and eat together. This helps create a sense of community with students and their teacher and allows students to greet each other and socialize a little before the school day begins so that they are calmer and more ready to learn after breakfast.**

## **PARTICIPATING SCHOOLS WITHIN SALT LAKE CITY SCHOOL DISTRICT**

- 10 district schools operate breakfast in the classroom programs
  - ELEMENTARY SCHOOLS – **Backman, Escalante, Liberty, Meadowlark, Mountain View, Riley, Rose Park, & Washington**
  - MIDDLE SCHOOLS – **Bryant** (modified BIC/grab & go breakfast)
  - HIGH SCHOOLS - **Horizonte Instruction & Training Center**

## **INSTRUCTIONAL TIME**

- The top concern for teachers regarding BIC is often the loss of instructional time. Upon examination of nationwide BIC program models, there are many ways to structure the beginning of the school day as not to lose out on any instructional time. Here are some of the ways teachers have chosen to fill the first 10-15 minutes of class while students are eating breakfast: morning announcements, attendance, collecting homework, oral language exercises, chalkboard math problems, reading aloud, morning worksheets, daily educational movie clips, morning classroom meetings, discussions of current affairs, demonstrations of lessons of the day, homework review time, community time to check in with students, test review time, and solving games, puzzles, or riddles. All of the items listed above are considered “instructional time” according to NEA foundation.

## **HEALTH CONCERNS**

- Parents and school staff often have concerns with regard to BIC nutrition. **All school menus (including BIC menus) are designed to meet the Dietary Guidelines for Americans established by the U.S. Department of Health and Human Services (HHS) and U.S. Department of Agriculture (USDA).** Breakfast meals contain a proper balance of fruits, low fat milk, whole grains, and lean proteins. Limitations are also placed on sugar and fat content.
- Participation in BIC is completely optional. Students who eat at home DO NOT need to eat at school.
  - The Journal of Policy Analysis and Management posted a study during the implementation year of BIC in 300 of 1700 NYC schools in the district that participate in BIC and found **no evidence that BIC increased BMI or incidence of obesity in schools.** There was actually a small and insignificant decrease in student BMI in schools during BIC implementation year. This finding is consistent with other national research. In fact, NEA foundation also sites research that regularly eating breakfast may serve as a safeguard against childhood obesity.

## **CLEANLINESS CONCERNS**

- Placemats and cleaning towels can be provided by kitchen staff to help minimize mess.
- Custodian also has a spot cleaner on site to manage spills immediately upon impact.
- Teachers may designate a student cleaning team in their class to ensure all areas are cleaned daily after breakfast. BIC can be used as an opportunity to teach students clean up skills and manners surrounding mealtime etiquette.
- Deep cleaning such as carpet cleaning may need to occur a little more frequently by the school custodian.
- Custodial department can be consulted if you need access to more supplies to aid with BIC cleanup.
- Schools within SLCS D participating in the BIC program do not report any increase in pests in the classroom.