

Breakfast After the Bell: Resources for Successful Implementation

Tracey Patterson, California Food Policy Advocates

Steven Yokoi, CDE-Nutrition Services Division

Stephanie Bruce, Palm Springs Unified School District





Today's Panel Discussion

- School Breakfast Supports Student Success
- Focus on Breakfast After the Bell
- Buy-In from District Administration and Community
- New State Resources to Support Breakfast After the Bell
- On-the-Ground Success Stories



California Food Policy Advocates (CFPA)

CFPA is a statewide policy and advocacy organization dedicated to improving the health and well-being of low-income Californians by increasing their access to nutritious, affordable food.

Tracey Patterson, MPH

www.cfpa.net





Hunger & Food Insecurity

2.4 million



In CA, more than two million low-income households with children **cannot consistently afford enough food.**











2014 California Health Interview Survey

3 in 5 or more than
3 million

CA public school students are eligible for free or reduced-price school meals



School Breakfast Opportunity

IMPROVED	DECREASED
 Cognitive Function	 Risk for Obesity and Diabetes
 Academic Achievement	 Aggressive Behavior
 School Attendance	 Delinquency
 Diet and Physical Health	 Suspensions
 Emotional Health	 Tardiness

2 million 

Low-income, public school students in CA miss out on the health & academic benefits of school breakfast

Breakfast After the Bell



SECOND CHANCE BREAKFAST

Serve students during
a mid-morning break



GRAB 'N GO BREAKFAST

Let kids grab quick
and healthy meals on
the way to class



BREAKFAST IN THE CLASSROOM

Serve breakfast when
and where all kids
are able to eat

Breakfast after the
bell overcomes most
barriers to student
participation

Create an Action Plan



What do you need to make breakfast after the bell a success?

- Resources/funding for start up costs
- Local champions
- Staff engagement
- Leadership buy-in
- Community support

Identify Needed Resources

- Review of facilities, equipment, staffing and fund reserves
- Recurring vs. non-recurring costs?
- Private and public grants (including NEW state grants!)
- Community support: partnerships with local organizations, hospital community benefit programs, wellness initiatives, etc.



Garner District Support: Leverage LCFF & the LCAP

**Research links breakfast after the bell to
academic success:**

- Participation in school breakfast is associated with improved academic grades, GPA, Academic Performance Index (API) and standardized test scores.
- Breakfast consumption has a positive impact on student literacy and mathematics scores in low-income students.





Garner District Support

Leverage LCFF & the LCAP



Research links breakfast after the bell to
pupil engagement and school climate:

- Universally free classroom breakfast has been shown to improve attendance and reduce tardiness. On average, school breakfast reduces absenteeism by 1.5 days per child.
- 80% of surveyed teachers in six school districts reported that Breakfast in the Classroom improved student behavior.

We are a statewide policy and advocacy organization dedicated to improving the health and well being of low income Californians by increasing their access to nutritious, affordable food.

About CFPA
News & Media

Policy Actions

Initiatives & Campaigns

Areas of Focus

Research & Data



School Breakfast

The federally funded School Breakfast Program helps ensure that all students are well nourished and ready to learn. Every school in California is allowed, but not required, to operate the program.

CFPA Primary Contact
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More Breakfast Resources

The BreakfastFirst website houses a growing collection of resources to help you advocate, implement, and promote effective school breakfast programs. Visit the site for school breakfast tools, news, and calls to action. [link](#)

School Breakfast Updates & News

New Resources for Breakfast After the Bell



8.1.2018 New funding for school breakfast is on the way! In January 2017, the California [Read more here...](#)

A Big Win! State Budget Prioritizes Breakfast After the Bell



8.28.2018 Yesterday, Governor Brown signed the state budget bills for the 2016-17 fiscal year. [Read more here...](#)

Sac Bee Supports Breakfast After the Bell



6.8.2018 On Sunday, the Sacramento Bee published an editorial calling for support of [Read more here...](#)

Breakfast After the Bell: Budget Testimony



6.3.2018 Yesterday, CFPA and our friends from the San Diego Hunger Coalition made the case for Breakfast After the Bell at a hearing of the [Read more here...](#)

Resources

New Grants: Breakfast After the Bell

Fact sheet prepared by CFPA. [PDF](#)

Economic Effects of School Breakfast Study overview [PDF](#)

Breakfast and Academics Research highlights [PDF](#)

The School Breakfast Program: Basics What it is and how it works [PDF](#)

Service Models: Breakfast After the Bell Summary of after-the-bell breakfast models [PDF](#)

Research Overview: School Breakfast Overview of school breakfast studies [PDF](#)

Polling Results: Breakfast After the Bell Summary of Field Poll findings [PDF](#)

School District Case Studies

Case Studies prepared by CFPA. [link](#)

Reports & Data

School Meal Analysis: 2014-15

CFPA's analysis of school lunch and school breakfast participation [link](#)

School Meal Analysis: 2013-14

CFPA's analysis of school lunch and school breakfast participation [link](#)

State & County School Meal Data

CFPA's Nutrition & Food Insecurity Profiles [link](#)

Build Your
Case:
[cfpa.net/
school-
breakfast](http://cfpa.net/school-breakfast)



After-the-Bell Breakfast: Take Action!

- ✓ **Educate** local leaders
 - Superintendents, principals, teachers, school boards, nutrition staff
 - Parents, local elected officials, grantmakers
- ✓ **Act** to implement or expand breakfast after the bell
 - Find resources, develop a plan for your schools
- ✓ **Share** your story
 - Media, decision makers, peer networks, CFPA



School Breakfast Program



Presenter: Steven Yokoi

California Department of Education

Benefits of Breakfast

- Academic
- Health
- Fiscal



Academic Benefits



Academic Achievement

- Improved standardized test scores
- Increased math grades
- Improved cognitive and mental abilities

Academic Benefits



Learning Environment

- Fewer suspensions
- Students are more motivated
- Decrease in absenteeism and tardiness

Health Benefits

Students who participate in the SBP:

- Make healthier choices throughout the day
- Consume less added sugar at breakfast
- Consume more servings of fruit and milk





Fiscal Benefits

- Both federal and state reimbursement
- The CDE offers funding opportunities for SBP start-up and expansion



Alternative Breakfast Models

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



Breakfast in the Classroom



- All students offered breakfast at start of school day
- Students eat while appropriate educational activities are taking place

Breakfast in the Classroom

Students can be counted and claimed by individual eligibility status or all students can be offered a breakfast at no charge to the student



Second Chance Breakfast



- Offered before and during recess or mid-morning break
- Served in the cafeteria or in high traffic areas using mobile carts

Grab-n-Go Breakfast



- Grab quick and healthy meals on the way to class
- Serve in the cafeteria or in high traffic areas using mobile carts



Steps to Adding a School Breakfast Program

1. Submit one week's worth of breakfast menus, menu production records, and a USDA Worksheet
2. Update your Site Application in CNIPS to include the SBP and submit for CDE approval



**Welcome to the California
Child Nutrition Information &
Payment System (CNIPS)**



CDE Funding Opportunities

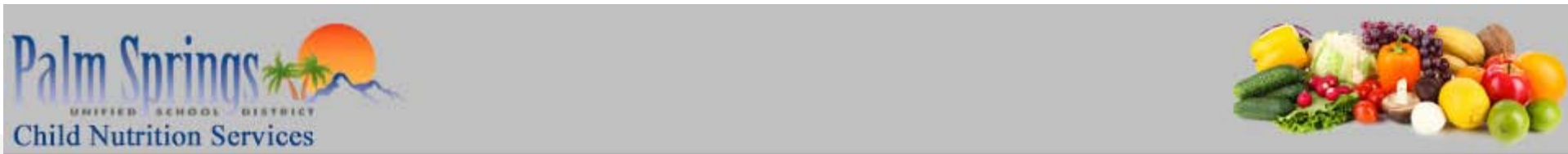
- School Breakfast Program Grants
 - Grants for any SBP or summer programs (longstanding)
 - Grants prioritized for after-the-bell (new for 2017-18)
- Equipment Assistance Grants



Highlighted District: Palm Springs Unified

Stephanie Bruce, Nutrition Services Director

- Planning for Action
- Breakfast After the Bell Implementation
- School Site Success Stories





Palm Springs Unified School District



- 27 K-12 Traditional Public Schools
 - 16 elementary schools
 - 5 middle schools
 - 4 high schools
- 5 alternative schools
- 19,082 Students Eligible for Free or Reduced-Price Meals (83%)
- 22,850 Students Enrolled

Palm Springs Unified School District

- Before 2009, PSUSD schools served traditional before-the-bell school breakfast
- Breakfast in the classroom started in August 2009 @ Agua Caliente Elementary



Palm Springs Unified

In the beginning...

- Teachers were concerned about time in classroom- but now they love the program
- Monitor sets up food instead of teacher, so it doesn't take classroom time
- Fewer Days Tardy to Class
 - Tardies: Sept. 08 = 416 >>> Sept 09 = 240
 - Beneficial to everyone



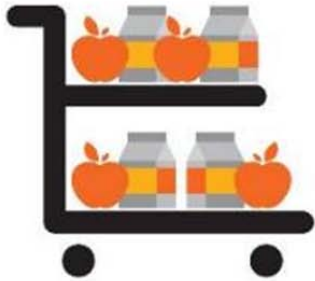


Palm Springs Unified School District



SECOND CHANCE BREAKFAST

Serve students during
a mid-morning break



GRAB 'N GO BREAKFAST

Let kids grab quick
and healthy meals on
the way to class



BREAKFAST IN THE CLASSROOM

Serve breakfast when
and where all kids
are able to eat

- **Breakfast in the Classroom** is offered at three elementary schools and two middle schools
- **Nutrition Break/Second Chance Breakfast** is offered at one elementary school. After attendance, students enjoy a physical activity break outside and then end in the cafeteria for breakfast before returning to class.

Palm Springs Unified School District

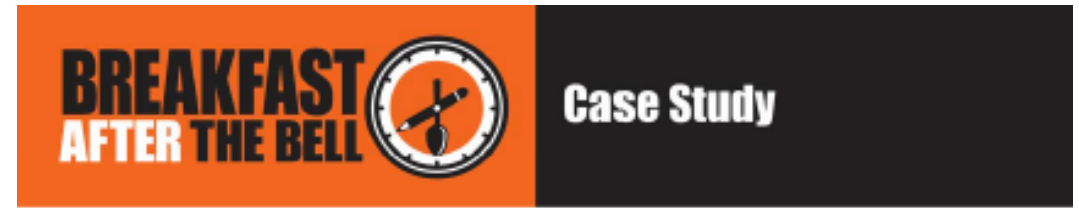


PSUSD offers **universally free breakfast to all students**

- Eliminates the stigma sometimes felt by low-income students.
- Facilitates after-the-bell breakfast service models

Palm Springs USD

- Students not hungry at school
- Parents appreciate the meal - helps with hectic and busy lives
- Program supported by community and the Mayor



2015 PALM SPRINGS UNIFIED SCHOOL DISTRICT (PSUSD): Stephanie Bruce, Nutrition Service Director



2015 DISTRICT DEMOGRAPHICS

27 K-12 Traditional Public Schools¹
16 K-6 elementary schools
5 middle school
4 high schools
5 continuation or alternative schools
20,299 Students Eligible for Free or Reduced-Price School Meals²
23,154 Students Enrolled³

"We started doing this because our students were coming to school hungry. Many were being dropped off as the bell rang and were not getting food until lunch several hours later." -Stephanie Bruce

FOOD QUALITY

PSUSD opened a central kitchen in 2012, allowing them to serve more scratch cooked items like muffins and breakfast breads. These items are whole grain rich and sweetened with applesauce to lower the sugar and fat content. The district uses USDA commodities to provide canned and/or dried fruit, and the DOD Fresh program to purchase fresh fruits and vegetables at lower cost.

BREAKFAST MODELS



Before BAB service models: PSUSD schools served traditional breakfast in the school cafeteria before the first bell.

Breakfast in the Classroom: Classroom Breakfast is offered at three elementary schools and two middle schools

Nutrition Break/Second Chance Breakfast: Second Chance breakfast is offered at one elementary school. After attendance is taken students enjoy a physical activity break outside and then end in the cafeteria for breakfast before returning to class.

BEHAVIORAL AND ACADEMIC IMPACTS

After BAB implementation

- "The best benefit is that students are nourished and ready to learn. They aren't distracted by a growling tummy, or nodding off because they are not properly nourished." - Stephanie Bruce
- "Classroom Breakfast helps the students get settled while the teacher is taking roll, teaches them to be responsible and work together in picking up the food, handing it out and cleaning up afterward." - Stephanie Bruce

IMPLEMENTATION

Strategy

In 2008, PSUSD decided to implement Breakfast After the Bell gradually, beginning with a Classroom Breakfast model at the district's highest-need school, Agua Caliente Elementary, where 90% of students receive free or reduced-price meals. From 2008-11, the district expanded BAB to 6 additional schools, and by 2016, 9 schools offered BAB either through classroom breakfast or the Nutrition Break model.

Hurdles

Some teachers, principals, and Nutrition Services staff were concerned about the program's potential to increase workload. Principals were reluctant to direct teachers to support the shift to BAB.

Solutions

PSUSD Nutrition Services identified supportive teachers to deliver messaging and training at newly implementing schools.

- + The district decided to increase Nutrition Services employee hours to accommodate the larger workload resulting from the increase in breakfast program participation.
- + PSUSD offers universally free breakfast, which helps eliminate the stigma sometimes felt by low-income students participating in the school breakfast program.



Questions?





Thank you!

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- Steven Yokoi, Northern School Nutrition Programs Unit Manager, CDE-NSD, syokoi@cde.ca.gov
- Stephanie Bruce, Nutrition Services Director, Palm Springs Unified School District, sbruce@psusd.us