



The School Breakfast Scorecard reported by the Food Research and Action Center (FRAC)\* set the stage for promoting the Expanding Breakfast Awards in 2007. The scorecard reported breakfast was a key component of the school day. The report included that creating new breakfast opportunities for students have an impact on student participation. Students are demanding more than the standard breakfast in the cafeteria. For example:

### Breakfast in the Classroom

Students eat breakfast in their classroom either at the beginning of the school day or early during the day. Often breakfast is brought to classrooms from the cafeteria by students, or served from carts in the hallways by food service staff.



### Grab 'n' Go / Breakfast on the Bus

All the components of school breakfast are conveniently packaged so students can easily grab a reimbursable meal quickly, either from the cafeteria line or from carts elsewhere on school grounds. Students can eat in the cafeteria, the classroom or elsewhere on school grounds.

Due to consolidation, the amount of time students spend on the school bus has increased. Some school districts are providing a Grab 'n' Go type breakfast for students to enjoy while riding the bus to school.

### Breakfast after First Period or "Second Chance Breakfast"

Usually implemented in middle and high schools, students are allowed time after their first period to obtain breakfast, either in the cafeteria or from carts in the hallway, to then eat in the classroom or cafeteria. Computerized systems insure that children receive only one breakfast each day.

According to the FRAC report, schools should make increased availability and participation in school breakfast one of their highest priorities, in order to reduce hunger and support the health and educational potential of their students, particularly low-income students. The focus of school nutrition team is to establish administrative support and leadership in implementing these breakfast opportunities.

**Why School Breakfast?** Schools report the following:

- ✓ Improved school performance
- ✓ Reduced behavioral problems
- ✓ Helped reduce obesity
- ✓ Improved children's diets
- ✓ Reduced trips to the school nurse



\*The Food Research and Action Center (FRAC) is the leading national organization working for more effective public and private policies to eradicate domestic hunger and undernutrition. [www.frac.org](http://www.frac.org).



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