

# BREAKFAST SUCCESS

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# INTRODUCTIONS

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# WHY BREAKFAST?

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Millions of kids in America face the school day on an empty stomach. But, as parents and teachers know, hungry kids can't learn.

So what do we do?

- **It's simple.** Instead of serving breakfast in the cafeteria before the bell, we make it part of the regular day, just like lunch.



# MAKING BREAKFAST PART OF THE REGULAR SCHOOL DAY, JUST LIKE LUNCH, HAS A POWERFUL EFFECT

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- Kids can stay focused
- No one is singled out
- It's easier





# 5 WAYS SCHOOL BREAKFAST BENEFITS KIDS (AND THE SCHOOLS THEY ARE LEARNING IN!)

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- Higher Test Scores
- Calmer Classrooms
- Fewer Trips To The Nurse
- Stronger Attendance & Graduation Rates
- Maximizes Our Country's Future

# WHY ARE WE HERE RIGHT NOW?

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## Childhood Hunger in Michigan

An estimated **356,930 children in Michigan** live in households that struggle to put enough food on the table.<sup>i</sup>

Hunger is more than just a hungry belly. Kids without consistent access to nutrition have a harder time focusing in school, they visit the school nurse more often due to stomach aches and headaches and they are more likely to exhibit behavioral problems. Additionally, kids who struggle with hunger are more susceptible to obesity or being overweight, and are sick more often.

This is a problem with a solution. Programs like school breakfast are designed to close the gap between kids who have enough to eat and those who don't. These programs are only successful, however, when they actually reach the kids who need them.

### Childhood Hunger in Michigan By the Numbers

- 356,930** Number of children in Michigan who struggle with hunger.<sup>ii</sup>
- 16.3%** Percentage of children in Michigan who struggle with hunger.<sup>ii</sup>
- 37th** Michigan ranks 37th in the nation among percentages of kids struggling with hunger.<sup>iii</sup>
- 59.3%** Percentage of kids getting a free/reduced-price lunch who are also getting school breakfast.<sup>iv</sup>
- 20th** Michigan ranks 20th in the nation among percentages of kids getting a free/reduced price lunch also getting school breakfast.<sup>iv</sup>

## BREAKFAST

IS THE MOST IMPORTANT  
MEAL OF THE DAY!



Students who regularly eat breakfast score

**17% HIGHER**

on standardized math tests.<sup>i</sup>



AND YET,

Every school  
day in Michigan

**THOUSANDS  
OF STUDENTS  
go to school  
HUNGRY.**

# MDE PARTNERING WITH DISTRICTS

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- Work with FSD and school administration
- Assessment of breakfast program
- Grant money for equipment, signage, etc.
- Work together to have an increase of participation
- Success!!!

## WHY HIGHLIGHT THESE SCHOOLS?

These schools have features that must be addressed for successful implementation of alternate breakfast

- Physical layout and daily schedule
- Support among building leaders and teachers
- Menu options and food service logistics

The schools can act as guides and inspiration for schools and districts demonstrating the “breakfast gap”



# MDE/NKH FOCUS DISTRICTS

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- Added breakfast in the classroom
- MS added 4-5 hot menu options, offered sampling, updated food display and signage, smoothie Friday
  - 37% increase in participation
  - 73% increase on Smoothie Friday's!!
- MS added a breakfast cart
  - Increase of 22% participation
- Universal breakfast trial
  - Increase of 29% participation



# MDE/NKH FOCUS DISTRICTS

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- HS added a breakfast cart in high traffic area
- HS gives breakfast to every late student
- District provides breakfast to all late students
- Elementary switched to breakfast in the classroom



# SOUTHFIELD PUBLIC SCHOOLS

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# IRON WOOD AREA SCHOOLS

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A photograph of a classroom. In the foreground, a young boy with brown hair, wearing a green t-shirt with yellow stripes, sits at a desk and looks towards the camera with a slight smile. On his desk is a carton of 'FRESH' brand juice and a banana. Behind him, several other students are seated at desks, some using laptops. A boy in a blue shirt and glasses is visible on the right, resting his chin on his hand. The text 'PORT HURON PUBLIC SCHOOLS' is overlaid in white, bold, sans-serif font, centered horizontally and partially obscured by a vertical white line on the left.

# PORT HURON PUBLIC SCHOOLS





# HOLLAND WOODS MIDDLE SCHOOL

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- What is FUEL?

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WHAT DOES  
BREAKFAST LOOK  
LIKE AT HOLLAND  
WOODS?

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Students select breakfast from carts

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Signage reinforces reimbursable meal  
and nutrition education

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# BENEFITS

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- Significant reduction of food/drinks in hallways or stored in lockers
- Students are prepping for learning tasks for the day
  - Issued Chromebooks
  - Finding their materials for class
  - Listening to daily announcements
- Breakfast participation increased **35%!!**



***Holland Woods Middle School***  
**Daily Schedule of Classes • 2018-2019**  
**Monday - Friday**

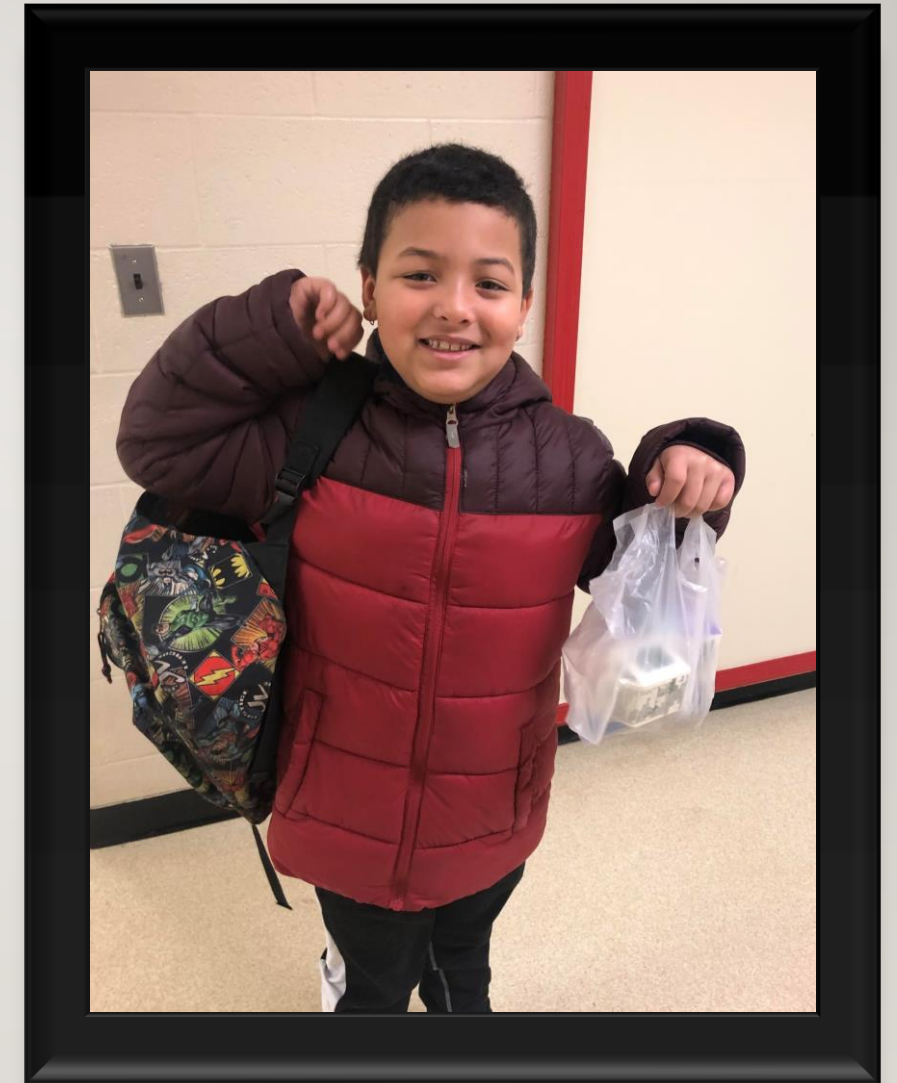
<b>Hour</b>	<b>6<sup>th</sup> Grade</b>	<b>Hour</b>	<b>7<sup>th</sup> Grade</b>	<b>Hour</b>	<b>8<sup>th</sup> Grade</b>
<i>Fuel</i>	7:25 - 7:35	<i>Fuel</i>	7:25 - 7:35	<i>Fuel</i>	7:25 - 7:35
1	7:39 – 8:27	1	7:39 – 8:27	1	7:39 – 8:27
2	8:31 – 9:19	2	8:31 – 9:19	2	8:31 – 9:19
3 <sub>(48)</sub>	9:23 – 10:11	3 <sub>(48)</sub>	9:23 – 10:11	3 <sub>(48)</sub>	9:23 – 10:11
4 <sub>(26)</sub>	10:15 – 10:41	4 <sub>(56)</sub>	10:15 – 11:11	Lunch	10:11 – 10:37
Lunch	10:41 – 11:07	Lunch	11:11 – 11:37	4 <sub>(56)</sub>	10:41 – 11:37
4 <sub>(26)</sub>	11:11 - 11:37				
5	11:41 – 12:29	5	11:41 – 12:29	5	11:41 – 12:29
6	12:33 – 1:21	6	12:33 – 1:21	6	12:33 – 1:21
7	1:25 – 2:15	7	1:25 – 2:15	7	1:25 – 2:15

48 minute classes – 7<sup>th</sup> hour 50 minutes for *Fuel*  
4<sup>th</sup> Hour: 8<sup>th</sup> = 56 mins; 7<sup>th</sup> = 56 mins; 6<sup>th</sup> = 52 mins

# LITERACY ACADEMY AT CLEVELAND

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- 216 Students
- Grab breakfast on way to classroom
- Students eat in classroom





# IMPLEMENTATION STRATEGIES

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- Hallway Grab-n-Go service based on foot traffic study
- Communication to parents
- CEP
- Regular debrief with teachers to address any issues quickly



# BENEFITS

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- Reduced tardiness
- Reinforced morning routine
- Increased student responsibility
  - Sanitation captains
- Strengthened relationships between teachers and students





# DECATUR PUBLIC SCHOOLS



## DECATUR JUNIOR/SENIOR HIGH

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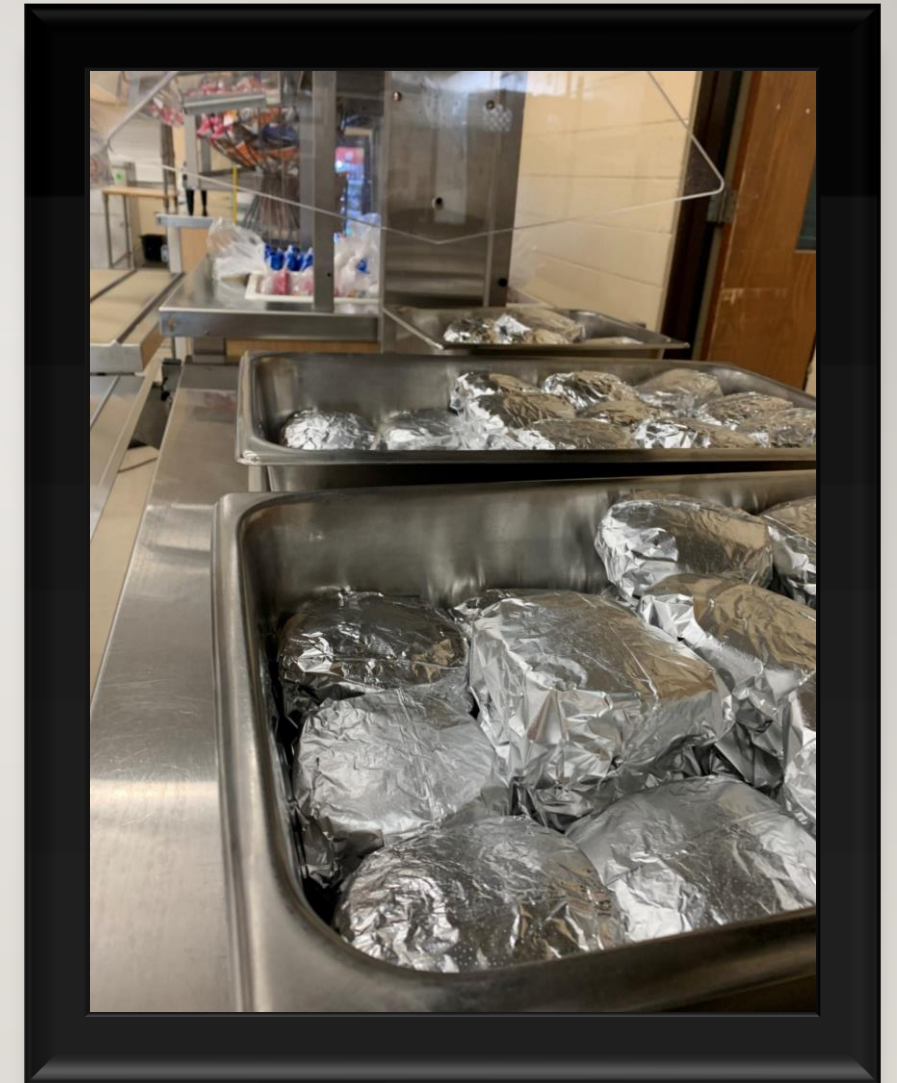
- 730 Students in grades 6-8 and 9-12
- One building with 2 cafeterias
- 64% of students eligible for free and reduced-price lunch



# IMPLEMENTATION STRATEGIES

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- Students grab breakfast after first period and eat in second period classes
- Added 3 minutes passing time between 1<sup>st</sup> and 2<sup>nd</sup> periods
- Students “peer pressure” each other to clean up





# BENEFITS

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- Focus on culture of school and the values to take care of students
- Worked in life skills and responsibility as part of breakfast
- Participation near 100%

A photograph of a classroom with several students sitting at wooden desks. In the background, there is a whiteboard with handwritten text. The text on the whiteboard includes: "Helen Keller had a different childhood than most children. Do the best to support this claim.", "In paragraph 2, I learned that Helen Keller could not see or hear.", "Helen had a special teacher. Her name was Anne Sullivan. She taught Helen. JMA is a unique word.", and "Helen knew how to feel things." The classroom has a clock on the wall, a window with blinds, and various educational materials on shelves and desks.

# WALKERVILLE PUBLIC SCHOOLS



# SOUTH REDFORD SCHOOL DISTRICT



# MAKE BREAKFAST PART OF THE SCHOOL DAY

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# THE SOLUTION

## Grab-N-Go

Breakfast is waiting for children as they walk into school and they grab on their way to the classroom

## Breakfast in the Classroom

Children eat in their classroom before class starts for the day

## Second Chance Breakfast

Served during a morning break period





# WHAT IS OUR ASK OF YOU?

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Playbook: Breakfast After The Bell  
2019 Implementation Toolkit

MICHIGAN  
Department of  
Education

NO KID  
HUNGRY  
by SHARE OUR STRENGTH

QUESTIONS?

