GRAB & GO BREAKFAST

This alternative delivery model consists of
quick and easy meals
that are readily accessible in a variety of locations.

STUDENTS CAN GRAB BREAKFAST ON THEIR WAY INTO SCHOOL
before the bell or in between morning classes after the bell.

Most commonly found in middle or high schools, this delivery method also works well for schools that do not have the capacity to deliver food to each classroom or have infrastructure obstacles (e.g. multiple stories) that make classroom delivery impractical.

Facts

HUNGER STATS

IN ARIZONA
28%
OF CHILDREN LIVE IN FOOD-INSECURE HOMES.[1]

HUNGRY CHILDREN HAVE
↓ LOWER ↓
TEST SCORES
AND ARE MORE LIKELY TO REPEAT A GRADE.[2]

CHILDREN WHO EAT BREAKFAST
DO BETTER IN SCHOOL
AND ARE MORE LIKELY TO RETAIN WHAT THEY LEARN.[2]

GRAB & GO STATS

79 **SITES IN ARIZONA SERVED GRAB & GO BREAKFAST DURING THE 2014-2015 SCHOOL YEAR.**

"The Grab & Go breakfast option has worked great for our district.
It allows the students to continue to socialize with their friends before school starts but still get a balanced breakfast.
It also allows us to take breakfast to where the kids are:
playground, courtyard, bus drop-off and/or parent drop-off."

Carol Weekly, RD, SNS, Food Service Director, Queen Creek Unified School District, #95.

Challenges & Solutions

CHALLENGE
Students don't go to the cafeteria before school.

SOLUTION
Use mobile kiosks or carts and take breakfast to the students.

SOLUTION
Set up multiple stations to decrease wait times and serve more students.

CHALLENGE
Tracking meal categories can be a tedious administrative process.

SOLUTION
Attach a mobile POS system to your kiosk so student meals can be counted wherever they receive a meal.

CHALLENGE
Students get to school just as the bell rings, so they don't have time to eat.

SOLUTION
Place Grab & Go stations at school entrances to facilitate easy access on the way to class.

SOLUTION
Work with teachers to allow students to eat in the classroom during the first few minutes of class.

Suggested Equipment & Supplies

- Mobile kiosks or carts
- Mobile point of service systems
- Additional trash bins
- Insulated bags, coolers, or other containers
- Napkins / wipes
- Paper bags (if breakfasts are packed into individual meals)

Funding & Technical Assistance

- Dairy Council of Arizona (DCAZ) & Fuel Up To Play 60 provide funding of up to $4000
- Valley of the Sun United Way (VSUW) provides funding of up to $4000
- Association of Arizona Food Banks (AAFB) provides training and technical assistance
- Arizona Department of Education provides toolkits, resources & technical assistance.
- Pre-designed marketing materials in English and Spanish

How do I get started?

- Review the AZ School Breakfast Toolkit
- Contact DCAZ and VSUW for start-up funding
- Contact AAFB and VSUW to set up staff presentation
- Plan and Implement your Grab & Go Breakfast program
- Update your site applications with ADE to reflect your new breakfast service model

Contact Info

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Arizona Department of Education

Dairy Council of Arizona

AZ School Breakfast — AWAKE • ALERT • ACHIEVE

Association of Arizona Food Banks

United Way — Valley of the Sun United Way

[1] Feeding America. *Map the Meal Gap 2015: Overall Food Insecurity in Arizona by County in 2013.* (2015). Retrieved from http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/2013/AZ_AllCounties_CDs_MMG_2013.pdf

[2] GENYOUth Foundation. *The Wellness Impact: Enhancing Academic Success through Healthy School Environments*. (2013). Retrieved from http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The_Wellness_Impact_Report.pdf