BREAKFAST AFTER THE BELL

Breakfast After the Bell
is also called
Second Chance Breakfast.

This allows students to eat breakfast after first period during a morning nutrition break either in the cafeteria or classroom.

This model works with any grade level: elementary, middle or high school. It is a popular breakfast model for middle or high school as older students are often not hungry early in the morning & tend to arrive closer to the start of the school day.

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]

BREAKFAST AFTER THE BELL STATS

A MID-MORNING BREAKFAST GIVES STUDENTS A
NUTRITIOUS CHOICE **VS** **VENDING MACHINE ITEMS.**

SECOND CHANCE BREAKFAST
IS AN EMERGING OPTION
THAT HOLDS IMMENSE POSSIBILITIES TO
FEED HUNGRY CHILDREN.

Challenges & Solutions

CHALLENGE
Students aren't hungry first thing in the morning.

SOLUTION
Make breakfast available in between morning classes when students may be more likely to feel hungry.

CHALLENGE
Sleep is incredibly important for students, but middle and high school often start early, leaving little time for breakfast.

SOLUTION
Offering Breakfast After the Bell allows students to maximize sleep hours, and still get the needed nutrition to be fully Awake, Alert and Ready to Achieve.

CHALLENGE
Students may be late to class if they stop to eat breakfast during a passing period.

SOLUTION
Work with administration to adjust the bell schedule and allow an extra 5 to 10 minutes after first period for a breakfast break.

CHALLENGE
Utilize Grab & Go style kiosks placed in high traffic areas so students have quick and easy access to breakfast.

SOLUTION
Work with teachers to allow students to eat in the classroom.

Suggested Equipment & Supplies

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

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 & 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 Breakfast After the Bell 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