

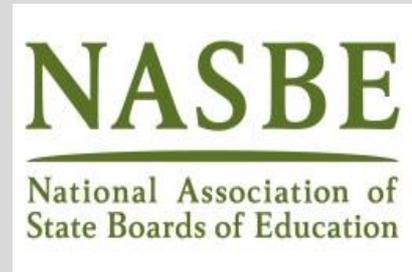


# THE BREAKFAST FOR LEARNING EDUCATION ALLIANCE WEBINAR:

*Joining Efforts to Improve the Learning Environment through School Breakfast*



# BREAKFAST FOR LEARNING EDUCATION ALLIANCE



# TODAY'S PRESENTERS

**Eyang Garrison**, Child Nutrition Policy Analyst  
Food Research and Action Center

**Kelly Beckwith**, Project Director  
AASA, The Superintendents Association

**Heather Parker**, Senior Manager  
National PTA

**Annelise Cohon**, Senior Program Coordinator  
NEA Health Information Network

# BREAKFAST FOR LEARNING

## Kids who eat breakfast at school:

- Increase their math and reading scores
- Perform better on standardized tests
- Improve their speed and memory in cognitive tests

Spring 2014

## FRAC Breakfast for Learning

*An emerging body of research is documenting the adverse effects of skipped breakfast on various aspects of cognitive performance: alertness, attention, memory, processing of complex visual display, problem solving, and mathematics.*

- Basch, 2011<sup>20</sup>

---

### SKIPPING BREAKFAST AND EXPERIENCING HUNGER IMPAIR CHILDREN'S ABILITY TO LEARN

- Children who skip breakfast are less able to differentiate among visual images, show increased errors, and have slower memory recall.<sup>1</sup>
- Children experiencing hunger have lower math scores and are more likely to repeat a grade.<sup>2</sup>
- Behavioral, emotional and academic problems are more prevalent among children with hunger.<sup>3</sup>
- Children experiencing hunger are more likely to be hyperactive, absent and tardy, in addition to having behavioral and attention problems more often than other children.<sup>4</sup>
- Children who are undernourished have poorer cognitive functioning when they miss breakfast.<sup>5</sup>
- Teens experiencing hunger are more likely to have been suspended from school and have difficulty getting along with other children.<sup>6</sup>
- Children with hunger are more likely to have repeated a grade, received special education services, or received mental health counseling, than low-income children who do not experience hunger.<sup>7</sup>

---

### EATING BREAKFAST AT SCHOOL HELPS IMPROVE CHILDREN'S ACADEMIC PERFORMANCE

- Children who eat a complete breakfast, versus a partial one, make fewer mistakes and work faster in math and number checking tests.<sup>8</sup>
- Children who eat breakfast at school – closer to class and test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast at home.<sup>9</sup>
- Providing breakfast to students at school improves their concentration, alertness, comprehension, memory, and learning.<sup>10,11,12</sup>
- Children who eat breakfast show improved cognitive function, attention, and memory.<sup>13</sup>
- Participating in school breakfast is associated with improved math grades, attendance and punctuality.<sup>14,15</sup>
- Children perform better on tests of vocabulary and matching figures after eating breakfast.<sup>16</sup>
- Consuming breakfast improves children's performance on mathematical tasks, demanding mental tasks and reaction to frustration.<sup>17,18</sup>

---

### SCHOOL BREAKFAST IMPROVES STUDENT BEHAVIOR AND LEARNING ENVIRONMENTS

- Students who participate in school breakfast show improved attendance, behavior, standardized achievement test scores as well as decreased tardiness.<sup>19,20</sup>
- Children who increase their school breakfast participation as a result of a school breakfast program offered free to all students show greater improvements in math scores, attendance, punctuality, depression, anxiety, and hyperactivity than children whose participation remains unchanged or decreases.<sup>21</sup>
- Providing students with breakfast in the classroom setting is associated with lower tardy rates and fewer disciplinary office referrals.<sup>22</sup>

FRAC  
Food Research and  
Action Center  
1200 18th St., NW  
Suite 600  
Washington, DC 20036

This brief was prepared  
by FRAC's Madeleine  
Levin, MPH,  
Senior Policy Analyst.

# BREAKFAST FOR HEALTH

- School breakfast improves student behavior and reduces tardiness and absenteeism
- A healthy breakfast each day helps prevent obesity
- Children who eat school breakfast eat more fruits, drink more milk, and eat a wider variety of foods

Spring 2014

## FRAC Breakfast for Health

*We also find that subsidized meals at school or day care are beneficial for children's weight status, and we argue that expanding access to subsidized meals may be the most effective tool to use in combating obesity in poor children.*

- Kimbro & Rigby, 2014<sup>4</sup>

---

FRAC  
Food Research and  
Action Center  
1200 18th St., NW  
Suite 400  
Washington, DC 20036

This brief was prepared  
by FRAC's Heather  
Hartline-Grafton, DrPH,  
RD, Senior Nutrition  
Policy and Research  
Analyst.

---

### SCHOOL BREAKFAST PARTICIPATION IMPROVES CHILDREN'S DIETARY INTAKE

- School breakfast participants are more likely to consume diets that are adequate or exceed standards for important vitamins and minerals (e.g., vitamin C, vitamin A, calcium, phosphorus).<sup>12,23</sup>
- Children and adolescents who skip breakfast tend to have poorer nutrient intakes than those who eat breakfast.<sup>45</sup> Eating breakfast regularly has been linked with greater intake of fiber, calcium, iron, vitamin C, and other vitamins and minerals, and lower intake of fat, cholesterol, and sodium.<sup>6,79</sup>
- Children who participate in school breakfast are more likely to consume fruit and milk at breakfast.<sup>9</sup>
- Low-income children who eat school breakfast have better overall diet quality than those who eat breakfast elsewhere or skip breakfast.<sup>19</sup> Similarly, low-income students who eat both school breakfast and lunch have significantly better overall diet quality than low-income students who do not eat school meals.<sup>11</sup> An improvement in dietary quality also may extend to the family members of children with access to the breakfast program.<sup>12</sup>

---

### SCHOOL BREAKFAST DECREASES THE RISK OF FOOD INSECURITY

- School breakfast offered to all students for free<sup>8</sup> may eliminate disparities between food secure and food insecure children in terms of eating breakfast at all.<sup>12</sup>
- Students with improved nutrient intake as a result of a program of school breakfast offered free to all students report decreases in symptoms of hunger.<sup>14</sup>
- Access to school breakfast decreases the risk of marginal food insecurity and breakfast skipping, especially for low-income children.<sup>15,16,17</sup>
- Children are more vulnerable to food insecurity during the summer – a time when many do not have access to the good nutrition provided by the regular year school meal programs.<sup>18,19</sup>

---

### SCHOOL BREAKFAST MAY PROTECT AGAINST CHILDHOOD OBESITY

- School breakfast participation is associated with a lower body mass index (BMI, an indicator of excess body fat), lower probability of overweight, and lower probability of obesity.<sup>20,21,22</sup>
- Food insecure girls participating in the school lunch, school breakfast, or Supplemental Nutrition Assistance (SNAP, or food stamps) programs (or all three programs combined) have a lower risk of overweight compared to food insecure girls from non-participating households.<sup>23</sup>
- Participation in federally-funded meals in child care, preschool, school, or summer settings is associated with a lower BMI among young, low-income children.<sup>24</sup>

\*Offering breakfast to all students for free is sometimes referred to as "universal breakfast" or "universal-free breakfast." The program helps remove the stigma for low-income children of participation in school breakfast and thereby increases participation among students generally, but particularly low-income students.

# HOW MANY KIDS ARE EATING



- 10.8 million low-income children participated in the School Breakfast Program on an average day
- 51.9 low-income children ate breakfast for every 100 that ate school lunch

# BARRIERS TO PARTICIPATION

- Cost
- Late Bus Schedules
- Urban Transit
- Long Security Lines
- Children Want to Socialize with their Peers
- Stigmatized as a program for “poor kids”

# MAKE BREAKFAST PART OF THE SCHOOL DAY

## Traditional Model

- Served in the cafeteria

## Increasing Access to Breakfast

- Breakfast at no charge
- Make breakfast part of the school day



# BREAKFAST IN THE CLASSROOM



- Meals are delivered directly to the classroom
- Students pick up their meals when they enter the classroom
- Students eat in the classroom after the morning bell

# GRAB N' GO

Students pick up their meals from carts or kiosks located in the....

Cafeteria

or

Hallway



Students eat breakfast in the classroom after the morning bell

# SECOND CHANCE BREAKFAST

- Breakfast is provided after 1<sup>st</sup> period
- Meals are served from cafeteria or carts located in the hallway
- Middle & High Schools



# PARTNERS FOR BREAKFAST IN THE CLASSROOM GRANT

Funded by a grant from the Walmart Foundation

## Target States

Alabama, Arizona, Georgia, Indiana, Kansas,  
Pennsylvania, Virginia



# THANK YOU

**Eyang Garrison**

*Child Nutrition Policy Analyst*

Food Research and Action Center

202.986.2200 (main)

202.640.1080 (direct)

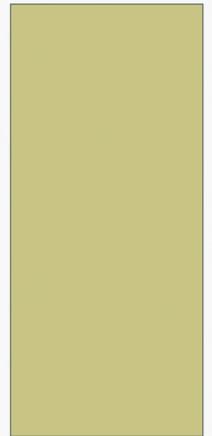
[egarrison@frac.org](mailto:egarrison@frac.org)

[www.frac.org](http://www.frac.org)



# AASA, THE SCHOOL SUPERINTENDENTS ASSOCIATION

ALTERNATIVE SCHOOL BREAKFAST



ABOUT

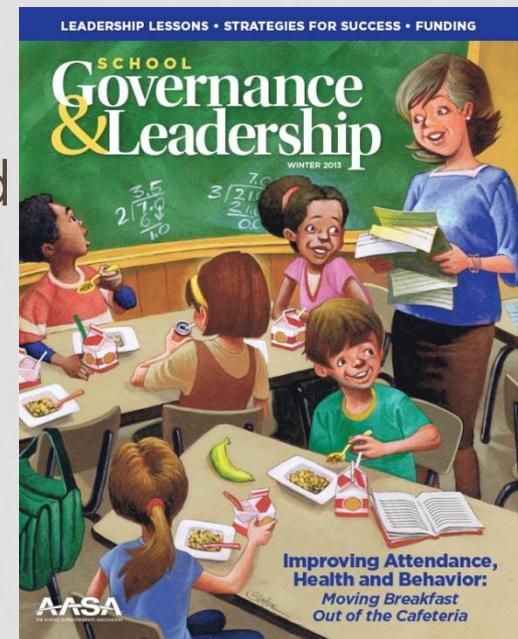


THE SCHOOL SUPERINTENDENTS ASSOCIATION

- AASA advocates for the highest quality public education for all students, and develops and supports school system leaders.
- Founded in 1865
- AASA members:
  - Are the chief education advocates for children.
  - Advance the goals of public education and champion children's causes in their districts and nationwide.
  - Set the pace for academic achievement.
  - Shape policy, oversee its implementation and represent school districts to the public at large.

# AASA AND ALTERNATIVE SCHOOL BREAKFAST

- AASA's Alternative School Breakfast initiative
  - Funded by Walmart Foundation
  - Works with 11 school districts
  - Goal is to increase school breakfast participation among low-income children
- The role of leadership
- Link between school breakfast and academic achievement



# CALL TO ACTION

- How does school breakfast fit into the district's mission?
  - AASA's Courageous Leadership Conversations video series
  - FRAC's Breakfast for Learning
  - School breakfast infographics

## The Human Effect: Stories from the Field Breakfast in the Classroom

A hungry student cannot learn effectively. With a free/reduced price meal rate at 90 percent, Percy-Hughes K-8 School in the Syracuse City School District had many hungry students. The district successfully applied for an AASA/Walmart Foundation alternative school breakfast grant, which provided them funding to build a self-sustaining program by serving breakfast in the classroom in all elementary schools.

AASA staff recently conducted focus groups with students at the district's Percy-Hughes K-8 school. Second and third graders described a chaotic cafeteria environment before implementation of breakfast in the classroom. "[The cafeteria] was loud and crazy," said one student. The students talked about how there would be fights in the cafeteria during breakfast time. They also said children would throw food, run around and be very noisy.



When asked about eating in the classroom, one student said, "I like it better in the classroom. No fights, no stabbing with forks, people stop screaming, no jumping on tables."

"Now we just talk to each other," added another student.

Eating in a classroom creates the feel of a community. The children mentioned the benefits of eating breakfast in the classroom, which range from social interaction to academic benefits. One little girl, reflecting the reality of her neighborhood, said that she liked breakfast in the classroom because "We can talk about something serious, like how a guy got stabbed last night." While breakfast in the classroom feeds hungry minds, it also allows children to get adult-level worries off of their minds so that they are more ready to learn.

"I have a heart for making sure that students who have so little actually have an equal opportunity to learn, by having a meal," said Superintendent Sharon Contreas.

Today, all children in the district are entitled to free meals under the community eligibility provision, which is administered by the USDA.

AASA's Children's Programs department works to support where learning happens by providing professional development to members to ensure leadership for healthy, safe and engaged students. Learn more at: [www.aasa.org/ChildrensPrograms.aspx](http://www.aasa.org/ChildrensPrograms.aspx).



# MINI-GRANT FROM AASA

- New mini-grant opportunity for alternative school breakfast available now! For more information:
  - Download application (in Word): [bit.ly/1uBxxRV](http://bit.ly/1uBxxRV)
  - Questions? [kbeckwith@aasa.org](mailto:kbeckwith@aasa.org)
  - Application deadline: September 26



*everychild.one voice.*®

**Heather Parker, MS, CHES**  
**Senior Manager, Health and Safety**

# PTA's Mission



To make every child's potential a reality by engaging and empowering families and communities to **advocate for all children.**

# Nutrition Policy – PTAs role

- “Smart Snacks”
  - Impact fundraisers, school stores or vending machines running during the school day
- School breakfast and lunch
  - Ensuring access for students
  - Identifying needs of the school
- 2015 Child Nutrition Reauthorization

# Local PTAs In Action

- **Charlotte Hill PTA (Las Vegas, NV)**
  - Family home projects included eating a healthy breakfast each day for 1 week
- **Grafenwoehr Elementary School PTA (Germany)**
  - Breakfast for the Brave; over 450 attended.
- **Laukhuf Elementary PTA (Louisville, KY)**
  - Breakfast rap song and video that played during the week of SOL testing.
- **Pittsburgh Banksville PTA (Pittsburgh, PA)**
  - Breakfast club; tripled the number of families taking advantage of breakfast each day.
- **Rockledge Elementary PTA (Woodbridge, VA )**
  - Breakfast during SOL testing
  - Kindergarten snacks

# PTA Member Call to Action

1. Reach out to key district stakeholders
2. Contact your district school nutrition director
3. Work with your school nutrition department
4. Partner with other community organizations
5. School wellness policies & committee
6. Educate families and PTA members
7. Be a resource after implementation



*everychild.one voice.*®

**Heather Parker, MS, CHES**  
**Senior Manager, Health and Safety**

[hparker@pta.org](mailto:hparker@pta.org)



# Breakfast For Learning Education Alliance

Annelise Cohon

Senior Program Coordinator

NEA Health Information Network

[www.neahin.org](http://www.neahin.org)

# NEA HIN's Mission

To improve the health and safety of the school community by developing and disseminating information and programs that educate and empower school professionals and positively impact the lives of students.

# Why School Breakfast?

- NEA Members are uniquely suited to address child hunger and nutrition work:
  - They live in the communities where they work.
  - They witness the struggles of local families to make ends meet.
  - They have the community credibility to assist proud families in need.
- Hunger impairs student's academic performance, health and behavior in school.

# Partners for Breakfast in the Classroom

- **Project Goal:** Increase participation in the School Breakfast Program via Universal Breakfast in the Classroom.
- **Organizational Partners:**
  - NEA Health Information Network (NEA HIN)
  - School Nutrition Foundation (SNF)
  - Food Research and Action Center (FRAC)
  - National Association of Elementary School Principals Foundation (NAESPF)
- **Funded by the Walmart Foundation**



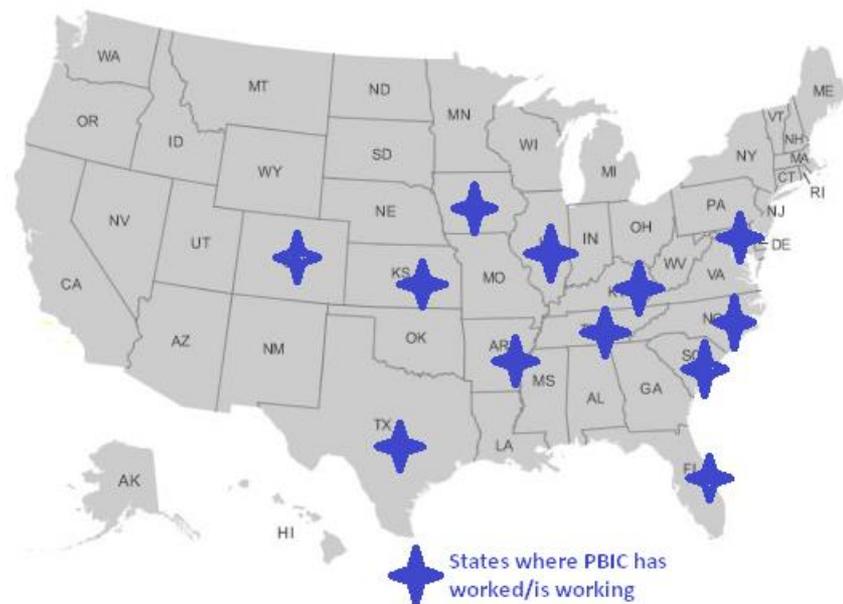
# BIC Project: Year 1 Funding

- 2010-2011
- Five participating school districts:
  - Dallas Independent School District, TX
  - Little Rock School District, AR
  - Memphis City Schools, TN
  - Orange County. Public Schools, FL
  - Prince George’s County. Public Schools, MD

	SBP Average Daily Participation			
	October 2010	May 2011	# Increase	% Increase
Memphis	4,609	9,163	4,554	99%
Little Rock	1,005	1,981	976	97%
PG County	2,817	5,287	2,470	88%
Orange County	3,073	4,624	1,551	50%
Dallas	2,160	3,072	912	42%

# BIC Project: Year 2 Funding

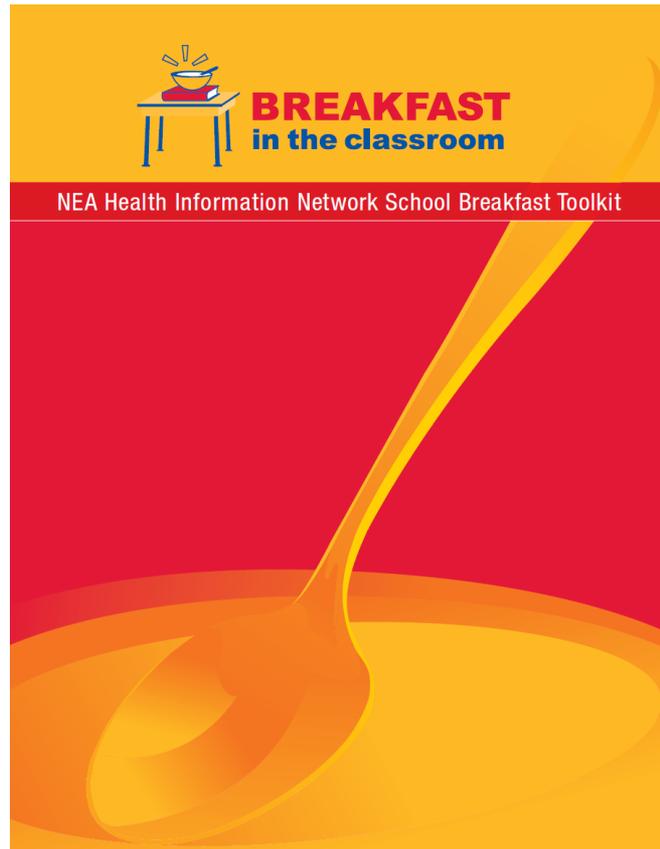
- 2011-2013
- Ten participating school districts:
  - Charleston Cty. School District, SC
  - Denver Public Schools, CO
  - Des Moines Public Schools, IA
  - Elgin School District U-46, IL
  - Guilford Cty. Schools, NC
  - Jefferson Cty. Public Schools, KY
  - Kansas City, Kansas Public Schools, KS
  - Knox Cty. Schools, TN
  - Polk County Schools, FL
  - Richmond Public Schools, VA



# BIC Project: Year 3 Funding

- **Selected 7 BIC states**
  - 1<sup>st</sup> Round: Alabama, Arizona, Pennsylvania, & Virginia
  - 2<sup>nd</sup> Round: Georgia, Indiana, & Kansas
- Roll-out the program in 3-5 school districts in each state.
- **Goal:** Feed an additional 25,000 students across the seven states.

# Breakfast in the Classroom Toolkit



# Questions?



## **BREAKFAST** in the classroom

Email me: [Acohon@nea.org](mailto:Acohon@nea.org)

NEA Health Information Network

[www.neahin.org](http://www.neahin.org)

Partners for Breakfast in the Classroom

<http://www.breakfastintheclassroom.org>