

# Breakfast after the Bell in Washington



## How is Washington falling behind in feeding kids breakfast?

Washington ranks **41<sup>st</sup>** in the nation for school breakfast participation.

**3 out of 5** eligible low-income students **do not eat breakfast at school.**

That's **200,000** kids missing out on breakfast benefits daily.

### **Breakfast After the Bell can help.**

Schools across the state are working hard to feed more of their students and give them the energy they need to succeed in school. Learn more about what Washington schools are doing to provide Breakfast in the Classroom, Second Chance Breakfast, and Grab and Go Breakfast to ensure that more kids eat breakfast every day.

**Hoquiam School District**

- 3 Elementary schools serving Breakfast in the Classroom
- 1 Middle and 1 High school serving Grab and Go

**Cheney School District**

- 2 Middle schools serving Grab and Go
- Universal Breakfast in 1 elementary school

**Newport School District**

- Universal Breakfast in the Classroom in 1 Elementary school



**Highline School District**

- 3 Elementary schools serving Breakfast in the Classroom
- 1 Elementary school serving Grab and Go

**Seattle Public Schools**

- 1 Middle and 1 High School serving Grab and Go

**Tukwila School District**

- 3 Elementary schools serving Universal Breakfast in the Classroom

# Mount View Elementary

## Breakfast in the Classroom

**SCHOOL BASICS:** Highline School District • Burien • Suburban • 700 students • 85% of students eligible for free or reduced meals

### BREAKFAST at a GLANCE:

Mount View serves universal **Breakfast in the Classroom** to every student at no charge. Before the start of the school day, kitchen staff pack coolers with milk, fruit, and fruit juice and a hot pack with individually wrapped entrée items. These could be cereal, a bagel and cream cheese, or a breakfast bar. The coolers are picked up by one representative from each classroom and taken to the class before the start of the school day along with a roster. After the bell, students collect their breakfast and teachers check off each name on a roster. While students are eating, teachers go over homework, read aloud, or simply hold a conversation with students. Waste is disposed of in special breakfast-only cans in the hallway.



### the IMPACT

90%

of students eat breakfast, up from 30% before starting breakfast in the classroom.



Involving kids in breakfast increases their sense of responsibility and buy-in



Teachers in Mount View report that eating breakfast in the classroom encourages community among the students and causes kids to be more focused and less disruptive.

### TIPS and TRICKS:

- Work in partnership with school principals to develop a program that works for each individual school
- Limit the number of choices available to prevent food waste

For more information, contact Sarah Keen, Nutrition Services manager: [sarah.keen@highlineschools.org](mailto:sarah.keen@highlineschools.org)

# Cedarhurst Elementary

## Grab and Go

**SCHOOL BASICS:** Highline School District • Burien • Suburban • 700 students • 71% of students eligible for free or reduced meals

### BREAKFAST at a GLANCE:

At Cedarhurst Elementary, the line for breakfast was so long that kids did not have enough time to eat before school. By the time students would reach the front of the line, they had to leave and go to class. A new **Grab and Go** breakfast program allows students to bring breakfast with them to their classrooms. Nutrition staff simply switched from serving breakfast on trays to serving breakfast in plastic bags. The cafeteria is set up buffet-style, and kids go through the line and pick up individually packaged items and put them into plastic bags. Students can sit and eat at tables in the cafeterias until their teachers come to take them to class shortly before the first bell. Students are allowed to take the bagged breakfasts with them to their classes to make sure they have enough time to eat. Late students can grab a bagged breakfast on their way to class and eat in the classroom.

### the IMPACT



Lines move faster, giving more students the opportunity to buy breakfast



The program had no additional startup cost



Kids had more time to eat and were not forced to throw away their breakfasts.

### TIPS and TRICKS:

If cafeterias are too crowded, one simple solution is to allow students to eat in their classrooms. Switching from trays to cheap plastic bags allowed Cedarhurst students to take the breakfast to go at no extra expense.

For more information, contact Sarah Keen, Nutrition Services manager: [sarah.keen@highlineschools.org](mailto:sarah.keen@highlineschools.org)

# Hoquiam School District

## Breakfast in the Classroom

**SCHOOL BASICS:** Grays Harbor County • District enrollment 1,677 • Rural • 67% eligible for free or reduced meals

### BREAKFAST at a GLANCE:

Hoquiam serves **Breakfast in the Classroom** at three elementary schools. A designated student picks up breakfast food in rolling carts and baskets and delivers every meal component to each student's desk. During the ten minutes of breakfast times, teachers modify lesson plans to prevent losing instructional time. After breakfasts a student takes all unopened food items and the transportation bags back to the cafeteria. The students love being able to help and take ownership in getting breakfast set up correctly. Students are always eager to see what is for breakfast and they enjoy eating together in a small group rather than in the cafeteria.



**TIPS and TRICKS:** When there is a spill in a classroom, teachers place a brightly colored traffic cone in the hallway to alert custodians to minimize the mess.

### the IMPACT

386

Additional students, on average, eating breakfast

85%

Of students in elementary school now eating breakfast daily

For more information, contact Erica Barrie:  
[ebarrie@hoquiam.net](mailto:ebarrie@hoquiam.net)

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# Hoquiam School District

## Grab and Go and Second Chance

**SCHOOL BASICS:** Grays Harbor County • District enrollment 1,677 • Rural • 67% eligible for free or reduced meals

### BREAKFAST at a GLANCE:

In Hoquiam Middle and Hoquiam High School, breakfast is served from vending kiosks utilizing a **Grab and Go** model. Breakfasts are prepackaged and sold from carts in the schools' entryways and hallways, which students eat during first period. Using the kiosk gives a fresh modern feel to the program. It also allows for a great selection of breakfast items. Breakfasts are prepackaged and sold from the cart in the schools' main student center. Students can eat before school or pick up a breakfast and take it to their first period. At the high school students can also eat breakfast after 2<sup>nd</sup> period during **Second Chance Breakfast**. Many students who had never participated in the breakfast program are now doing so with the Second Chance Breakfast.

**TIPS and TRICKS:** Hoquiam plans to increase participation by partnering with the Dairy Council and running and iBreakfast promotion. They also want to educate students about the health impacts of breakfast.

### the IMPACT



Collaboration between school, district, and nutrition staff ensures the program runs smoothly



Kids who are participating in the program love it!

For more information, contact Erica Barrie,  
Nutrition Director:  
[ebarrie@hoquiam.net](mailto:ebarrie@hoquiam.net)

# Sunset Elementary School

## Universal Breakfast

**SCHOOL BASICS:** Cheney School District • Spokane County • Rural • 399 students • 66% eligible for free or reduced meals

### BREAKFAST at a GLANCE:

Sunset Elementary School offers **Universal Breakfast** free to all students. Breakfast is served in a grab and go format before the start of the school day. Cheney School District also takes pride in its **scratch cooking** program, so breakfast menu items include fresh fruit smoothies and homemade breakfast burritos. Kitchen staff have monthly taste tests to make sure that all menu offerings, in addition to being healthy and fresh, taste great to students. The universal breakfast program was rolled out with extensive advertising and outreach at parents' and family nights.

### TIPS and TRICKS:

Make Nutrition Services visible. Nutrition Services staff met with parents and staff members at family nights and PTO and staff meetings. They included parents and staff in menu planning and taste tests.

### the IMPACT

90%

of Sunset Elementary School students eat breakfast daily

2%

Reduction in obesity across the district

Mmm...

Elementary schoolers are more likely to try and like new, healthier foods, including fruits and vegetables

For more information, contact  
Laura Martin, Wellness  
Coordinator:  
[lamartin@cheneysd.org](mailto:lamartin@cheneysd.org)

# Cheney Middle School

## Grab and Go

**SCHOOL BASICS:** Cheney School District • Spokane County • Rural • 499 students • 53% eligible for free or reduced meals

### BREAKFAST at a GLANCE:

Less than 10% of Cheney Middle School students were eating breakfast. Nutrition staff worked with students to determine that there was a stigma around sitting down at the few tables in the cafeteria to eat. So staff implemented a new **grab and go** model where students can pick up their breakfasts in paper backs and eat anywhere noncarpeted around the campus. Staff also **changed the menu** to include popular food items that could easily be eaten while standing up, including fresh fruit smoothies and homemade breakfast burritos. In addition, students learned about **the benefits of breakfast** on health and learning to encourage more students to eat.



### the IMPACT



Allowing students to eat while standing up reduced the stigma for middle school students

### TIPS and TRICKS:

Listen to what students prefer to eat. Fresh fruit smoothies with granola are a popular item for middle and high school students.

For more information, contact  
Laura Martin, Wellness  
Coordinator:  
[lamartin@cheneysd.org](mailto:lamartin@cheneysd.org)

# Aki Kurose Middle School

## Grab and Go

**SCHOOL BASICS:** Seattle School District • South Seattle • Urban • 750 students • 84% of students eligible for free or reduced meals

### BREAKFAST at a GLANCE:

Aki serves universal **Grab and Go** breakfast from a cart located in the main entrance, as well as a hot breakfast in the cafeteria. They received grant funding to purchase point of sale software for the cart. The launch was accompanied by an advertising campaign, and staff check in with students to make sure they've eaten breakfast at the beginning of the day. Students grab their breakfast on the way into school from the cart and can choose from one of three pre-bagged entrée breakfast items, fruit, and milk. The cart contains a point of sale machine and is operated by the kitchen staff. Students eat their breakfasts in the classroom quietly during first period. The cart stays open several minutes after the bell rings to accommodate late buses. Staff and teachers work together to ensure that every student has the opportunity to eat breakfast.



### the IMPACT

80

More students, on average, eating breakfast at Aki every single day.

Breakfast sales increased both from the cart and in the traditional hot breakfast in the cafeteria. Increasing awareness of breakfast exceeded expectations!



### TIPS and TRICKS:

- City Year members promoted breakfast through advertising and speaking to students during the first week of the new program.

For more information, contact Wendy Weyer, Seattle Schools Nutrition Director:

[wweyer@seattleschools.org](mailto:wweyer@seattleschools.org)

# Tukwila Elementary School

## Breakfast in the Classroom

**SCHOOL BASICS:** Tukwila School District • King County • Urban • 530 students • 74% eligible for free or reduced meals

### BREAKFAST at a GLANCE:



Tukwila Elementary School piloted **Universal Breakfast in the Classroom** for their district. Each morning before students arrive, the Food Service staff delivers each classroom a bus tub filled with small cellophane drawstring bags that contain a fully reimbursable breakfast. Bags are prepared the morning before following the NSLP meal requirements. Teachers pick up carts filled with breakfast bags for their classrooms and place a bag on each desk. On days when hot breakfast items are served, entrees are cooked earlier that morning and placed in insulated "hot bags" and given to the teachers as well. Students eat quietly while listening to school



announcements, reading, or finishing up worksheets and all breakfasts have to be finished within ten minutes. Leftovers are returned to the kitchen and waste is disposed of outside the classroom. Teachers and students love having the opportunity to have community time in the morning to start their day.

### the IMPACT

90%

of elementary schoolers eating breakfast daily

3x

Breakfast participation more than tripled after starting Breakfast in the Classroom

### TIPS and TRICKS:

Involve the whole staff in the planning process and address concerns directly. Tukwila nutrition staff met with elementary school teachers to hear their concerns and respond appropriately.

For more information, contact Craig Huckins, Food Service Director:

[huckinsc@tuckwila.wednet.edu](mailto:huckinsc@tuckwila.wednet.edu)

# Stratton Elementary School

## Universal Breakfast in the Classroom

**SCHOOL BASICS:** Newport School District • Pend Orielle County • Rural • 365 students • 70% eligible for free or reduced meals

### BREAKFAST at a GLANCE:

Though Newport School District implemented **universal free breakfast** in 2012, only about 25% of kids were eating. The nutrition director and business manager collaborated to first offer universal breakfast then pilot **Breakfast in the Classroom**. Student volunteers bring refrigerated carts and milk crates to their classrooms and place a complete meal on each desk. Teachers use a roster to check off which kids are absent, and nutrition staff later enters the roster into a computer to account for meals served and eaten.

The nutrition director changed the menu to include portable foods that are less likely to spill or make a mess. Students eat while teachers take attendance and collect or review homework. Teachers are supportive of the program and find that students are more focused and less disruptive during the morning hours.

### TIPS and TRICKS:

Tom and Judy presented the program to administration and teachers before launching the program. When the administration is on board, the program will run smoothly.

### the IMPACT

**90%** of elementary schoolers eating breakfast daily, up from 30% before starting Breakfast in the Classroom.



Fewer hungry kids means fewer disruptive nurse visits due to stomach problems

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Despite increased food and staffing costs, participation went up so highly that the program was profitable for the district.

For more information, contact **Tom Crouch, Business Manager** ([tcrouch@newport.wednet.edu](mailto:tcrouch@newport.wednet.edu)) and **Judy Henshaw, Nutrition Director** ([henshawjudy@newport.wednet.edu](mailto:henshawjudy@newport.wednet.edu))

