



Illinois State Board of Education



NUTRITIONAL
PURSUIT

SNP Back to School Conference
ISBE Nutrition Division

Making the **BEST** School Breakfast Program

Nutrition Division

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Whole Child • Whole School • Whole Community

wake up!

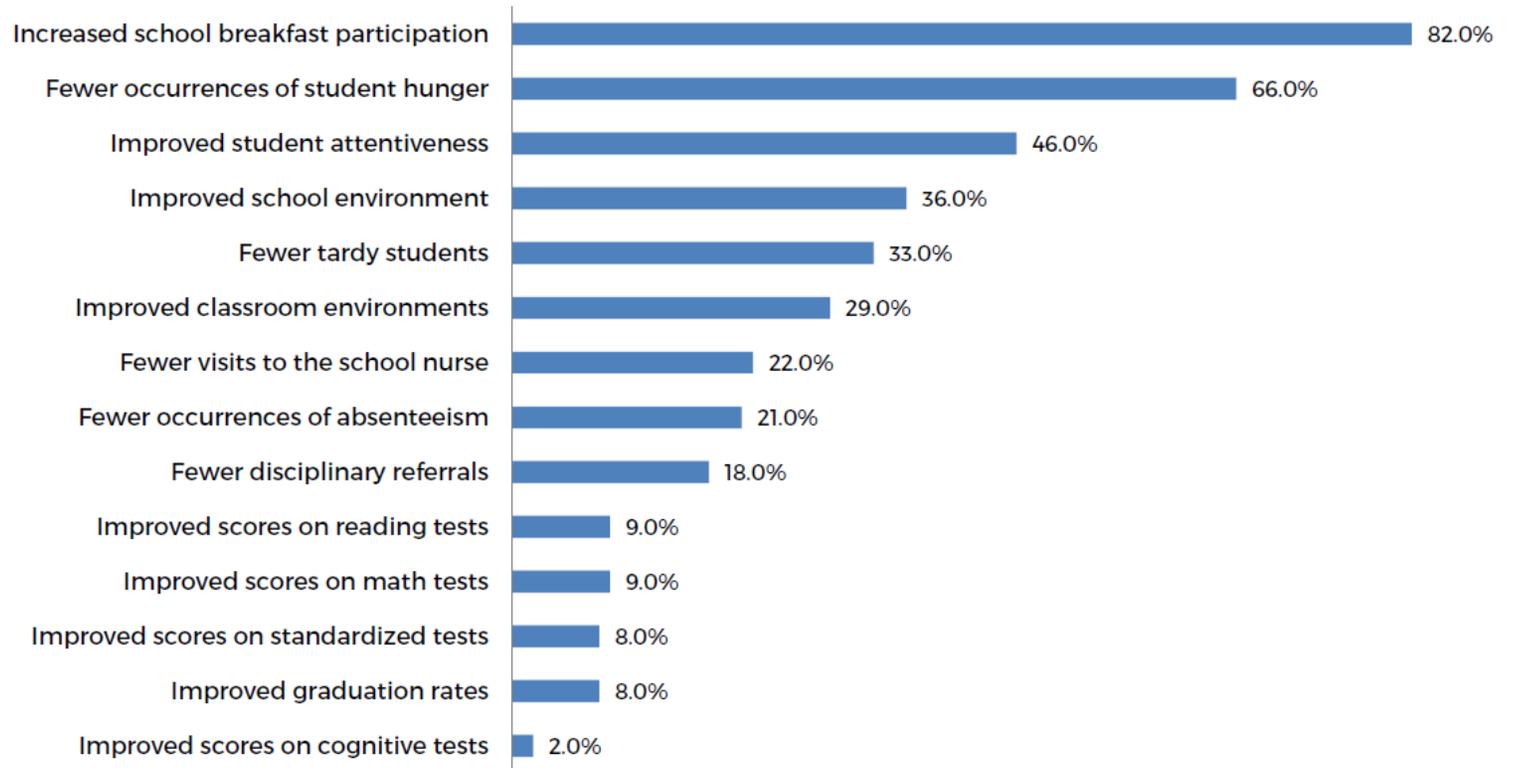
to

School Breakfast



Illinois
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Figure 1: Positive Outcomes of Breakfast After the Bell



Source: FRAC / NASSP Survey, 2015



10 Reasons to Try Breakfast in the Classroom

1. No child should start the school day hungry.

Studies show that children who skip breakfast are at an academic disadvantage: They have slower memory recall, make more errors, and are more likely to repeat a grade.ⁱ

2. Not all children are able to eat at home.

Whether they come from a family with a tight budget, are too busy, or simply have a poor appetite in the morning, not all children get the energy and nutrients they need to get a healthy start to the morning.

3. Your school has a breakfast program!

Every day, meals are available to students that meet USDA guidelines, which reflect the best nutritional science available. Every breakfast service includes offerings of fruit, whole grains, and low fat or fat free milk.

4. Breakfast in the classroom gets more students to participate.

Bus schedules, limited time, and class distance from the cafeteria are all barriers to participation in the school breakfast program. There is also sometimes a stigma associated with school breakfast. Having breakfast in the classroom eliminates many of these barriers and reduces stigma by enabling more students to participate in breakfast.



5. Breakfast in the classroom requires minimal work...

A well-planned breakfast program runs smoothly. The teacher's role can be as easy as checking names off a roster and placing trash outside the classroom, and custodians need only pick up bags when breakfast is over. School food service staff can prepare meals the day before. Breakfast can be eaten in 10-15 minutes alongside routine morning activities.



6. ... and can have great payoffs!

Studies show that eating breakfast can help math, reading, and standardized test scores.ⁱⁱ Breakfast also helps students pay better attention in class, perform problem-solving tasks, and improves memory. Serving breakfast in the classroom can help reduce tardiness and absences, and help children behave better.ⁱⁱⁱ

7. Ensuring that students eat breakfast helps create healthy habits for life.

Children who eat breakfast tend to have more adequate nutrient intakes than those who don't.^v Some studies have also indicated that eating breakfast on a regular basis reduces the risk of being overweight.^{vi}

8. Breakfast can be incorporated into lesson plans.

For instance, for younger students, eating an apple sliced into four quarters might easily turn into a math lesson using fractions, a writing activity about the five senses, or a fun nutrition education activity. For older students, that same apple might spark a scientific inquiry about energy and calories or even plant lifecycles. The possibilities are endless.

9. Breakfast in the classroom allows teachers to spend time with students.

Breakfast can give you the opportunity to personally interact with students before delving into the rest of the day's activities. Or, you can take care of administrative tasks that often get postponed until the end of the day.

10. Students will thank you.

Whether through smiling faces or increased focus in class, their minds and bodies will be grateful. The goal of School Breakfast is to ensure that every child gets the boost they need for physical and academic well-being. See that your students take advantage of School Breakfast today!

ⁱ Wesnes KA, Pincock C, Richardson D, Helm G, Halls S. "Breakfast reduces declines in attention and memory over the morning in schoolchildren." *Appetite* 2003;41(3):329-31.

ⁱⁱ Benton D, Maconie A, Williams C The influence of the glycaemic load of breakfast on the behaviour of children in school. *Physiol Behav.* 2007 Nov 23;92(4):717-24. Epub 2007 May 31

ⁱⁱⁱ Rampersaud GC, Pereira MA, Girard BL, Adams J, Mietal JD Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents *J Am Diet Assoc.* 2005 May;105(5):743-60

^{iv} Alaimo K, Olson CM, Frongillo EA Jr. "Food Insecurity and American School-Aged Children's Cognitive, Academic and Psychosocial Development." *Pediatrics* 2001; 108(1):44-53.

^v Wilson NC, Parnell WR, Wohlers M, Shirley P. "Eating breakfast and its impact on children's daily diet." *Nutrition & Dietetics* 2006; 63:15-20.

^{vi} Breakfast Eating and Weight Change in a 5-Year Prospective Analysis of Adolescents: Project EAT (Eating Among Teens) Maureen T. Timlin, Mark A. Pereira, Mary Story, and Dianne Neumark-Sztainer *Pediatrics* 2008; 121: e638-e645



Breakfast After the Bell (BAB) (Public Act 099-0850)

- ❖ Public schools in which at least **70 percent** of the students were eligible for free or reduced-price lunches in October of the preceding year* must operate a breakfast after the bell program.
- ❖ Breakfast must be provided to children after the instructional day has officially begun.
- ❖ This mandate does not prohibit schools from additionally providing breakfast before instructional day begins.



Public Act 099-0850

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AN ACT concerning education.

**Be it enacted by the People of the State of Illinois,
represented in the General Assembly:**

Section 5. The Childhood Hunger Relief Act is amended by adding Section 16 as follows:

(105 ILCS 126/16 new)

Sec. 16. Breakfast after the bell program.

(a) For the purposes of this Section, "breakfast after the bell" means breakfast is provided to children after the instructional day has officially begun. This term does not prohibit schools from also providing breakfast before the instructional day begins.

(b) The board of education of each school district in this State shall implement and operate a breakfast after the bell program by the first school day of the next academic year after the effective date of this amendatory Act of the 99th General Assembly, if a breakfast after the bell program does not currently exist, in each school building within its district

(1) in which at least 70% or more of the students are eligible for free or reduced-price lunches based upon the previous year's October claim (for those schools that participate in the National School Lunch Program); (2) in which at least 70% or more of the students are classified as low-income according to

Public Act 099-0850

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the Fall Housing Data from the previous year (for those schools that do not participate in the National School Lunch Program); or (3) that has an individual site percentage for free or reduced-price meals of 70% or more (for those schools using Provision 2 under Section 11(a)(1) of the federal Richard B. Russell National School Lunch Act or the Community Eligibility Provision under Section 104(a) of the federal Healthy, Hunger-Free Kids Act of 2010 to provide universal meals). If a school falls below the applicable 70% threshold for 2 consecutive years, it has the option to continue participating in the program, but is not required to do so.

(c) Each school under this Section may determine the breakfast after the bell service model that best suits its students. Service models include, but are not limited to, breakfast in the classroom, grab and go breakfast, and second-chance breakfast.

(d) School districts required to implement a breakfast after the bell program provided for under this Section that demonstrate that (i) they are delivering school breakfast effectively, as defined by 70% or more of free or reduced-price eligible students participating in the School Breakfast Program, or (ii) due to circumstances specific to that school district, the expense reimbursement would not fully cover the costs of implementing and operating a breakfast after the bell program may be relieved of the delivery model requirement provided for in this Section after a cost analysis is submitted



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to the board of education of the district, the board of education holds a public hearing, and the board of education passes a resolution that the district cannot afford to operate a breakfast after the bell program. The district shall post information that sets forth the time, date, place, and general subject matter of the public hearing on its website and notify the State Board of Education at least 14 days prior to the hearing.

(e) Before the beginning of the next academic year after the effective date of this amendatory Act of the 99th General Assembly, the State Board of Education shall develop and distribute guidelines for the implementation of this Section, which must be in compliance with federal regulations governing the school breakfast program.

(f) The State Board of Education shall annually collect information about breakfast after the bell delivery models implemented at each school and make the information publicly available. Final resolutions approving a breakfast after the bell exemption must be submitted by the board of education of the district to the State Board of Education upon passage.

(g) In fulfilling its responsibilities under this Section, the State Board of Education shall collaborate with school districts and nonprofit organizations knowledgeable about equity, the opportunity gap, hunger and food security issues, and best practices for improving student access to school breakfast. The State Board of Education shall collaborate with

Public Act 099-0850

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nonprofit organizations knowledgeable about food security issues and best practices for improving access to school breakfast to create and post a list of opportunities for philanthropic support of school breakfast programs on its website. This information must also be shared with school districts.

Section 99. Effective date. This Act takes effect January 1, 2017.



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Did
you
know?

Illinois Schools provide over 425,000 student breakfasts daily!
Of those participating in the SBP, 93.5% of the students are eligible for free or reduced price meals.



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BAB– Service Models

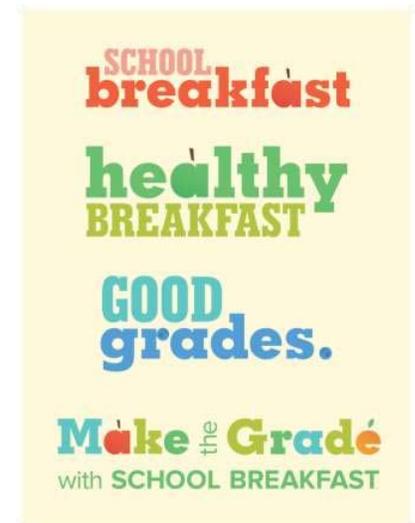


- ❖ Breakfast in the Classroom (BIC)
- ❖ Grab and Go Breakfast
- ❖ Second Chance Breakfast
- ❖ Other options available



BAB – Current Numbers (Illinois)

- ❑ Over 3,300 sites offer the School Breakfast Program daily!
- ❑ Approximately 25% indicate that they are offering BAB (SY2016-2017 WINS Data).
- ❑ Approximately 1,440 public sites are 70% free and reduced price eligible, based on October 2016 data.
 - ❑ Almost 80% of the 1,440 participate in the Community Eligibility Provision (CEP) in which breakfast (and lunch) is offered to ALL students at NO CHARGE.



Evaluation and Exemption Option

(d) School districts required to implement a breakfast after the bell program provided for under this Section that demonstrate that (i) they are delivering school breakfast effectively, as defined by 70% or more of free or reduced-price eligible students participating in the School Breakfast Program, or (ii) due to circumstances specific to that school district, the expense reimbursement would not fully cover the costs of implementing and operating a breakfast after the bell program may be relieved of the delivery model requirement provided for in this Section after a cost analysis is submitted to the board of education of the district, the board of education holds a public hearing, and the board of education passes a resolution that the district cannot afford to operate a breakfast after the bell program. The district shall post information that sets forth the time, date, place, and general subject matter of the public hearing on its website and notify the State Board of Education at least 14 days prior to the hearing.

(f) The State Board of Education shall annually collect information about breakfast after the bell delivery models implemented at each school and make the information publicly available. Final resolutions approving a breakfast after the bell exemption must be submitted by the board of education of the district to the State Board of Education upon passage.



Planning, Execution, & Evaluation

These programs require coordination of *all* stakeholders:

- School Administrators
- Educators
- Food Service Personnel
- Custodians
- Parents
- Students

*School-wide commitment,
builds strong breakfast after
the bell programs*



Source: South Eastern University of Sri Lanka



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Planning for Excellence



Source: [School Meals that Rock](#)

1. **Develop** a planning committee that includes a diverse set of stakeholders
2. **Create** logistics & evaluation plans that account for your building's unique needs
3. **Train** staff members and students
4. **Communicate** the launch of the new program to the public
5. **Launch!**



<https://www.isbe.net/Pages/School-Breakfast-Program.aspx>

NUTRITION & WELLNESS

SCHOOL BREAKFAST PROGRAM

The School Breakfast Program (SBP) is a voluntary program available to all public and private schools, and residential child care institutions which agree to operate a non-profit offering breakfast meeting federal requirements to all children in attendance. The SBP is part of the National School Lunch Program.

- Illinois Resources
 - [Frequently Asked Questions](#) 
 - [School Breakfast Legislation](#)
 - [Severe Need Breakfast Fact Sheet](#) 
 - [Summary of Illinois School Breakfast Mandates](#) 
- [Midwest Dairy Council Breakfast in the Classroom Video](#)
- [Rise and Shine Illinois: Playbook - Breakfast After the Bell 2017 Implementation Guide](#)
- USDA Resources
 - [Determining if Breakfast in the Classroom is an Option](#) 
 - [FY2015 School Breakfast Program Expansion Grant](#)
 - [School Breakfast Program Website](#)





Playbook: Breakfast After The Bell 2017 Implementation Toolkit



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