

Working to Increase Breakfast Participation in Utah Schools



UTAH BREAKFAST EXPANSION TEAM

Did you know...

- Utah ranks 51st in the nation for School Breakfast Program participation
- One in five households with children in Utah are food insecure

Eating breakfast at school is associated with...

- Improved behavior and health
- Better academic performance in reading, science and math
- Reduced tardiness and absenteeism
- Improved nutrition
- Reduced risk of disordered eating, depression and anxiety
- Improved food security



Ask us about...

- Utah School Breakfast Report
- Parent surveys to determine common barriers to participating in the school breakfast program

FOR MORE INFORMATION ON WHAT YOU CAN DO TO HELP, SEE OUR HANDOUT





Improving School Breakfast Program Participation

What is the National School Breakfast Program (NSBP) and who can participate?

Schools operating the National School Lunch Program (NSLP) are eligible to participate in the National School Breakfast Program (NSBP). In Utah the percentage of NSLP schools operating NSBP is below the national average (87% vs. 91%).

What are some potential barriers to implementation and participation?

Not enough time, bus schedules, lack of supervising personnel, students prefer socializing outside, lack of administrative support, stigma

What have other schools done to improve breakfast participation?

Breakfast on the Bus

Breakfast on the bus makes the most of students' morning bus ride, especially on longer bus rides.

Breakfast after the Bell

There are several different ways to serve breakfast after the bell and this can be one of the most effective ways to address the barriers to implementation and improve participation. Students don't have to choose between breakfast and socializing before school or struggle to get to school early enough for breakfast.

- *Breakfast in the Classroom:* Students start their mornings having breakfast in the classroom.
- *Grab-n-Go Breakfast:* Students can pick up their breakfast on the way to the classroom.
- *Second Chance breakfast:* Students have an opportunity after the first period to eat breakfast.

Universal Breakfast

For schools with high free/reduced meal eligibility, offering breakfast for free to all children may be a financially viable way to ensure more children access a healthy breakfast. Any service model can be used with universal breakfast.

Marketing

Some parents may not be fully aware of breakfast availability at their school, or students may need a lead in to start participating. Use varied media channels to market the program and promotional events like breakfast for lunch or bring your parents/grandparents to breakfast day.

What is the first step to improving breakfast participation?

If your school isn't offering breakfast or has lower participation, consider building a NSBP pilot or NSBP expansion team. Parents, teachers, school boards, wellness committees, food service, administration, or even students can initiate the effort.

USDA has a toolkit to help! http://www.fns.usda.gov/sites/default/files/toolkit_assessingpotential.pdf

Need help or more resources?

If you have any questions related to NSBP or would like more information, Utah State Office of Education's Child Nutrition Programs would love to help! To connect with a school specialist, call us at 801-538-7680 or visit our website: <http://www.schools.utah.gov/cnp/>

If you support breakfast expansion in Utah...

Contact Utahns Against Hunger at 801 328-2561 to let someone know!