

Keeping Classrooms Clean: Breakfast After the Bell Logistics

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PRACTICES

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WELCOME & INTRODUCTION



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Agenda

- Welcome & Introduction
- About No Kid Hungry & the Center for Best Practices
- Breakfast After the Bell
- Keeping Classrooms Clean: Breakfast After the Bell Logistics
- Resources
- Audience Q&A

1 IN 6 KIDS STRUGGLES WITH HUNGER IN THIS COUNTRY.



No Kid Hungry is a campaign by Share Our Strength.

We're Ending Childhood Hunger

BREAKFAST



AFTERSCHOOL



SUMMER MEALS



NUTRITION EDUCATION

NUTRITION
PROGRAMS
ALREADY EXIST
TO FEED KIDS.

THE PROBLEM:
THESE PROGRAMS ARE
FAILING TO REACH KIDS.

NO KID HUNGRY GENERATES
THE WILL AND SKILL TO MAKE
SURE THESE PROGRAMS REACH
EVERY CHILD WITH HEALTHY
FOOD, EVERY DAY.

LEARN. DEVELOP. SHARE.

The Center for Best Practices **learns** from the programs, practices and policies that are making an impact around the country, **develops** evidence-based resources and guidance, and **shares** best practices with our stakeholders working to end childhood hunger.

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What do we contribute?

Implementation resources

Toolkits

Webinars

Research & policy analyses

Peer-to-peer guidance

Hunger statistics

Issue briefs

Reports

Stakeholder convenings

Outreach materials

Innovation pilots

Qualitative research

Co-creation sessions

Innovation facilitation

DID YOU KNOW? ¿SABÍAS QUE...?

SCHOOL BREAKFAST IS:

- A HEALTHY AND AFFORDABLE OPTION
- IMPORTANT FOR GOOD STUDENT OUTCOMES

EL DESAYUNO ESCOLAR ES:

- UNA OPCIÓN SALUDABLE E ECONÓMICA
- IMPORTANTE PARA LOS BUENOS ESTUDIOS

STUDENTS WHO PARTICIPATE IN SCHOOL BREAKFAST:

- ARE MORE LIKELY TO ENJOY AND LEARN
- DO BETTER IN MATH
- ARE ULTIMATELY MORE LIKELY TO GRADUATE FROM HIGH SCHOOL

ESTUDIANTES QUE PARTICIPAN EN DESAYUNO ESCOLAR:

- ESTÁN MÁS FELICES CON LOS APRENDIZAJES
- HAN MÁS OPORTUNIDAD EN LA MATEMÁTICA
- TENDRÁN MÁS PROBABILIDAD DE GRADUARSE DE LA SECUNDARIA

MAKING BREAKFAST AFTER THE BELL WORK IN MIDDLE AND HIGH SCHOOLS

An estimated 6.8 million young people ages 10 to 17 struggle with having enough to eat, including 2.9 million who experience very low food security. School nutrition programs can help ensure that these youth have access to the food they need to learn and thrive. School breakfast programs have a positive and lasting impact on kids, including contributing to higher test scores, improved attendance, and fewer behavior problems. Despite the benefits of breakfast, for a variety of reasons, many kids are not able to eat a healthy breakfast at home.

One of the most effective ways to boost school breakfast participation is to make it a part of the school day. Traditional school breakfast programs that offer breakfast in the cafeteria before the start of the school day often operate too early for students to participate, particularly if bus or carpool schedules do not allow them to get there on time. Some middle and high school students end up skipping breakfast because they are not hungry first thing in the morning; or, socializing with friends is more appealing than eating breakfast in the cafeteria before school. Breakfast After the Bell serving models can overcome these barriers. Initially more common in elementary schools, an increasing number of secondary schools across the country are implementing successful Breakfast After the Bell Programs.

Choose a Breakfast After the Bell Model that Works for Your School

- Allow Grab and Go to the classroom.** Students pick up convenient pre-packaged breakfasts from mobile carts in high traffic areas, such as hallways, entryways or cafeterias. No Kid Hungry research indicates that when middle and high school students take those breakfasts back to their classrooms, participation is 15 percentage points higher than when they eat in common areas.

HOW SCHOOL MEALS REACH KIDS

Over 30 million students participate in the National School Lunch Program and nearly 10 million participate in the School Breakfast Program. The vast majority receive free or reduced-price meals. How do you wonder who pays for them? Here's the path that funding takes from Congress to cafeterias.

CONGRESS

- Creates the National School Lunch Program in 1946 and the National Breakfast Program in 1975
- Allocates federal funding for school lunches and breakfasts, which may be tied to a state's income level or the federal budget status

U.S. DEPARTMENT OF AGRICULTURE

- Provides nutrition guidelines for school meals
- Oversees the National School Lunch Program and School Breakfast Programs
- Passes along federal funding to states

STATE AGENCY

- Oversees school nutrition departments, operating the school lunch and breakfast programs
- Provides training and oversees school nutrition department implementation, applications, contracts, and records
- Passes along federal funding to school nutrition departments

SCHOOL NUTRITION DEPARTMENT

- Receives federal and state funds from state agency
- Manages the school nutrition department budget, receives from district general fund
- Makes school nutrition procurement and staffing decisions
- Oversees the school lunch and breakfast program at schools within the district

SCHOOLS

- Each school serves breakfast and lunch to students
- The school district maintains the state's general fund and oversees education spending. The most important department budget is separate and does not compete with other agencies for funding

Improving Meal Quality in the Summer, One Change at a Time Webinar

Breakfast After the Bell

Traditional Breakfast in the Cafeteria Doesn't Work

- Stigma that school breakfast is for students from low-income families.
- Students arriving late to school.
- Older students may not be hungry first thing in the morning.
- Cafeteria is not convenient for students.
- Socializing is more fun than eating alone.

Let's Talk Solutions: Breakfast After the Bell

- Addresses the common barriers of traditional cafeteria breakfast.
- Ensures more students are able to start the day with a healthy meal!



Breakfast After the Bell Models

Average Free/Reduced Price Breakfast Participation by Model Type*



88%

Breakfast in the Classroom (BIC)

- Breakfast is served and eaten in the classroom.

59%

Grab & Go Breakfast

- Breakfast is served in convenient, easy to access locations before and after the bell. Students can eat in the classroom or a common area.

58%

Second Chance Breakfast

- Breakfast is served during a morning break, often after 1st period, usually by Grab & Go or by reopening the cafeteria and allowing students time to eat before they return to class.

Keeping Classrooms Clean: Breakfast After the Bell Logistics

Breakfast in the Classroom

- **Overview:** Breakfast is served and eaten in the classroom. Students or school nutrition staff may deliver breakfast to classrooms from the cafeteria via coolers or insulated rolling bags.



Keeping Classrooms Clean: Breakfast After the Bell Logistics

Breakfast in the Classroom

•Clean up:

- Students clean up their desks using supplies provided to classrooms (i.e. wipes, napkins and place mats).
- Student helpers return equipment and uneaten breakfasts to the cafeteria or these items are left outside of classrooms for school nutrition staff to collect.
- Students place their trash in a separate trash can designated for breakfast, which can be picked up by a custodian or brought to a centrally located hallway trash can by a student helper.
- Students individually bring their breakfast trash to centrally located hallway trash cans.

Keeping Classrooms Clean: Breakfast After the Bell Logistics

Grab & Go Breakfast

- **Overview:** Students pick up conveniently packaged breakfasts from mobile service carts in one or more central locations (like hallways, entryways or the cafeteria) when they arrive at school. Students eat in the classroom or a common area. This model is most often used in middle and high schools because it's flexible and can accommodate varying schedules and students who are on the move.



Keeping Classrooms Clean: Breakfast After the Bell Logistics

Grab & Go Breakfast

- **Clean up:**

- If it's Grab & Go to the classroom, clean up looks like Breakfast in the Classroom clean up.
- If it's Grab & Go to a common area, students discard their breakfast trash in centrally located trash cans.

Keeping Classrooms Clean: Breakfast After the Bell Logistics

Second Chance Breakfast

- **Overview:** Students eat breakfast during a break in the morning, often after first period. Schools can serve breakfast in the same manner as they would with Grab & Go or by reopening the cafeteria and allowing students time to eat before they return to class. This model can be particularly effective for older students who may not be hungry first thing in the morning.



Keeping Classrooms Clean: Breakfast After the Bell Logistics

Second Chance Breakfast

- **Clean up:**
 - Same as Grab & Go Breakfast or traditional breakfast served in the cafeteria.

Keeping Classrooms Clean: Breakfast After the Bell Logistics

What else we've heard schools are doing to keep classrooms clean:

- Don't serve fruit cups at breakfast, save those for lunch.
- Provide plastic straws so that students can poke through the top of juice cups and not peel back the foil tops, minimizing the risk of spills.
- Provide each classroom with a cleaning caddy stocked with wipes, extra napkins and disposable place mats.
- Provide an individually wrapped wet wipe for each student to clean their hands and desks.

Each school has different wants and needs, find what's the best fit for yours...

Keeping Classrooms Clean: Breakfast After the Bell Logistics

But know that all schools need plenty of trash cans!



Hot Spots to Consider: Custodial Services

Now matter which BAB model is implemented, you'll want to engage with other departments—especially Custodial Services.

Impact on custodial runs: Often Custodial Service employees have “runs” which dictate their work flow and schedule. BAB programs can impact the Custodian’s runs and therefore it is ideal to engage with Custodial Management staff before implementation of a new BAB program.



Hot Spots to Consider: Custodial Services

Impact on dumpster space and frequency of pick up: An increase in students eating breakfast means there will be an increase in the amount of waste going to the school's dumpster. This can result in either the number of dumpsters needing to be increased or an additional pick up day added to the schedule.



Hot Spots to Consider: Custodial Services

Green or sustainability programs:

Some counties, cities, and districts are setting “zero waste” or waste diversion goals, meaning that waste is not going to the landfill but instead being sorted by recycle, compost, and landfill. While this does not apply to all schools, many schools are doing this and there are best practices to share if requested.

BREAKFAST AFTER THE BELL WHERE DO WASTE AND LEFTOVERS GO?

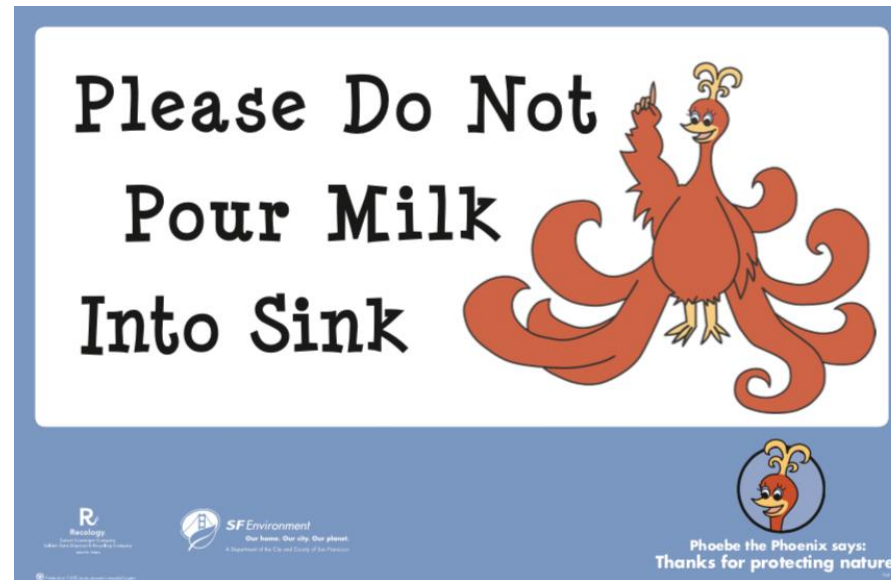


Bags are then taken out to the hallway and put into the appropriate waste bin.



Hot Spots to Consider: Collection of Unfinished Milk

For those students who do chose to take a milk, most likely there will be some left over in the cartons. This left over milk ideally should not be disposed of in hand sinks in the classroom. Hand sinks have a 'trap' (u-shaped pipe) where the milk will collect. The pipe can be cleared by running some water to clear the milk, but if not, the milk will sour and a smell will develop.



Hot Spots to Consider: Non-classroom friendly menu items

Before you approve your menu, sit with each item and actually eat each item at your desk.

Does it take a lot of effort to open the package?

Did your hands get sticky? Is the item really crumbly? For example, does the muffin have a crumbly topping on it?

Does the cream cheese on the bagel take a lot of effort and time to spread on?

Will additional utensils be required?



Integrate with the School Day: Engage Students with Active Roles



 **COMPOST CAPTAIN**
Collects compostables in brown bag.

 **LANDFILL LEADER**
Collects trash in brown bag.

 **RECYCLING RANGER**
Collects recyclables in brown bag.

 **MILK MARVEL**
Walks around the room having students pour milk into jug, then puts jug into thermal bag.



Bags are then taken out to the hallway and put into the appropriate waste bin.

 **LEFTOVER LIBERATOR**
Collects sealed leftover food items and whole fruit in plastic bag and puts into thermal bag.

 **DELIVERY TEAM**
Returns thermal bags to designated station outside the classroom.

RESOURCES

Helpful for Introducing Breakfast After the Bell:

- **Innovative Breakfast Delivery Options**

- This [resource](#) summarizes how different Breakfast After the Bell models are structured and the percentage increase your school breakfast program can experience by adopting these models.

- **Talking Points for Introducing Breakfast After the Bell**

- These [talking points](#) are helpful as you plan to introduce school stakeholders— including teachers, principals and superintendents— to Breakfast After the Bell.

- **How School Meals Reach Kids**

- This [resource](#) is designed specifically for educators to help explain how funding that supports school breakfast and lunch makes its way from Congress to cafeteria. It also answers common questions that educators have about how the programs work.

- **Frequently Asked Questions by Educators About School Breakfast**

- This [resource](#) answers common questions educators have about school breakfast.

RESOURCES

Helpful for Addressing Concerns about Breakfast After the Bell:

- **Breakfast After the Bell Myths**

- This [resource](#) sheds light on common myths that persist about Breakfast After the Bell, including that BAB takes away from instructional time and that it causes a mess.

- **Teacher Guide to Classroom Set Up & Clean Up**

- This [resource](#) outlines how classrooms can be affected by Breakfast After the Bell and shares best practices on how to create a plan for classroom set up and clean up.

- **School Breakfast – Healthier Than You Think**

- This [resource](#) provides teachers with helpful information about school breakfast. School breakfast often gets a bad reputation from being unhealthy, when in reality the foods served must adhere to strict nutritional guidelines.

RESOURCES

Additional Resources:

- [Making Breakfast After the Bell Work in Middle and High Schools](#)
- [Breakfast After the Bell Pre-Implementation Checklist](#)
- [Breakfast After the Bell Equipment Tips](#)
- [Breakfast in the Classroom Rollout Timeline](#)
- [Grab and Go to the Classroom Rollout Timeline](#)
- [Tips for Implementing an Effective Grab and Go Breakfast Program](#)
- [Breakfast in the Classroom Video](#)
- [Grab and Go to the Classroom Video](#)
- [Second Chance Breakfast Video](#)
- [No Kid Hungry Starts with Breakfast](#)

These resources and nearly 400 others are available at <https://bestpractices.nokidhungry.org>

A young boy with freckles, wearing a blue baseball cap and an orange hoodie, is smiling broadly while sitting at a table. He is eating from a yellow tray that contains a sandwich, a small container of white sauce, and some orange-colored items. The background is slightly blurred, showing other people and what appears to be a school or community center setting.

QUESTIONS?

Please type any questions
into the chat box.



Stay tuned for more info about
our 2018-2019 webinars!

Financial Benefits of BAB

Breakfast Promotion & Marketing Ideas

Meal Counting & Claiming with BAB

THANK YOU!



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