

Breakfast After 1st Period

Breakfast After 1st Period benefits students that need a nutrition break later in the morning. Students that missed breakfast have the opportunity to grab a nutritious breakfast later in the morning and avoid non-nutritious items from vending machines.

Mobile carts or tables with the breakfasts can be set up in a central location when students are changing classes. Enough carts and tables strategically located for student convenience will increase breakfast purchases. Quick and easy reimbursable breakfasts can be packaged in paper bags. Here are some bagged breakfast ideas:

- Cereal, fruit and milk
- Muffin, fruit and milk
- Granola or cereal bar, fruit and milk
- Bagel, jelly, jam, honey, fruit and milk

Warm items like breakfast sandwiches, burritos, or bagels can be wrapped in foil and placed in the school's warming unit the morning they are to be served or loaded into a cart with a warming unit.

Place trash cans near the eating areas to eliminate mess.

Benefits:

- Quick and easy, so tardiness is not an issue
- No waiting in long lines for breakfast
- Hand held breakfast
- Ideal for middle and high school students and students who ride the bus
- Participation is relatively consistent, so it is easy to anticipate the number of breakfasts needed each morning

Idea:

Wisconsin boosted school breakfast participation rates for middle, junior and senior high students by scheduling a 10-minute "nutrition break" in the morning between class periods. This allowed students the time to purchase and consume a reimbursable breakfast during the instructional day.

How did they implement this? Sherman Middle School teachers were concerned about what their students were eating in the morning. When the focus of the family/consumer education class was nutrition, the teacher and students found a way to replace a snack break with a more nutritious breakfast. The class simulated

the distribution of Breakfast After 1st Period to demonstrate that the breakfast would "fit in" with the instructional schedule. As a result of their research, the principal scheduled a 10-minute nutrition break between first and second period.

Some information from **Expanding Breakfast Manual & Video Kit - Second Edition** from the National Dairy Council and the Child Nutrition Foundation; to order call (800) 728-0728.