

Idaho Discovers School Breakfast!

WHY SCHOOL BREAKFAST?

- Studies show that breakfast helps students learn.
- When breakfast is available at school, students have improved attendance and receive fewer tardiness and discipline referrals. The few minutes it takes to add breakfast to the school day are offset by students' active participation once their brains are fueled.
- In Idaho, many students are on the bus for 30 minutes or more and get up as early as 5:30 a.m. Even if students ate breakfast at home, they may be ready to eat again.
- Classroom snacks may no longer be necessary when school breakfast is available.

WHAT DO TEACHERS SAY ABOUT STUDENTS EATING SCHOOL BREAKFAST?

- "It is a time to interact with the kids and to really know what is going on at home. It gives you a chance, if you had a problem with a child the day before to get him/her set on the right track for that day."
- "I felt I had enough to do with preparing for teaching that to have breakfast in my classroom would just be extra work and a big mess, but I found that I barely have to do any work at all, and the kids are so much better behaved that my lessons go much smoother. I would want to tell other teachers that it may seem like a hassle, but it really is minimal work with a lot of positive payoffs...I would be upset now if they took the breakfast program away."

THERE IS MORE THAN ONE WAY TO SERVE BREAKFAST

Besides the traditional serving in the cafeteria, breakfast can be served in the classroom. This option (which takes approximately 10 minutes) allows students to eat breakfast while the teacher takes attendance or collects homework. Students serve and clean up themselves.

Another option is breakfast after first period. This option would eliminate the "milk break" that is not reimbursed by USDA.

And last but not least, and particularly popular in high schools, is the *Grab 'n Go* breakfast. Bagged breakfasts can be placed in high traffic areas throughout school where students can pick them up and eat between classes.

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