

A CLOSER LOOK AT GRAB AND GO BREAKFAST (G&G)

Before school, breakfast is not served. Instead, kitchen staff use this time to load Breakfast Stations (these can be kiosks, carts, or tables with quickly-accessible breakfasts). At the bell, students line up by class. Teachers meet their class line and walk them through a Breakfast Station line on their way to the classroom. As they pass through the line, students are encouraged to access a meal.

If, at the secondary level, requiring students to be led through a line by their teacher is not feasible, students must be funneled through a breakfast line on their way to class. This will require controlling the flow of traffic as students arrive to school, identifying available student entrances, and placing Breakfast Stations accordingly.

Once in the classroom, students are allowed adequate time to eat their breakfast - at minimum 10 minutes. These can be considered instructional minutes, so long as regular morning tasks occur and instructional activities are offered alongside breakfast. Teachers frequently report taking attendance, making morning announcements, collecting homework assignments, reading aloud, and providing table-group warm-ups.

After breakfast, students clean up their spaces and dispose of breakfast waste in a designated trash can to be removed from the classroom.



IMPORTANT: AVOID THIS MAJOR G&G ERROR!

Remember, in order to be considered Breakfast After the Bell, *all* students must be given the opportunity, *after the start of the school day*, to enjoy a school breakfast. It is not sufficient to serve traditional breakfast to students who arrive on time, and offer a Grab and Go option only for late arrivals. This can exacerbate stigma experienced by the late-arriving students, and does not address the barriers faced by students who arrive in time for breakfast, but have to make the choice between starting the day with a meal *or* participating in social activities with their peers. It also does not, generally, increase participation.

The best way to ensure Breakfast After the Bell is accessible to all students is to operate G&G as a stand-alone program, as described above, and eliminate traditional before-school breakfast. All students should be walked through the breakfast line by their teacher, and alongside their peers. This simplified approach to breakfast streamlines staff operations, promotes equitable access to meals, *and* increases participation.

If you have additional questions about G&G procedures, what is or isn't considered Breakfast After the Bell, or generally how to ensure your G&G meal service is successful, please reach out to schoolbreakfast@uwkc.org for individualized technical assistance.

G&G Top Priorities

Staff buy-in must be a top priority when implementing Grab and Go. It is essential that teachers are all on the same page, encouraging students to participate, and that every classroom is a welcoming place for students to eat at their desk while instruction begins. Remember, the expectation is that all students start their day with breakfast so they can be ready to learn!



The Details: Point Of Service

The point of sale occurs and is documented at the Breakfast Station. Schools participating in the Community Eligibility Provision or Provision II may take a simple tally of the number of students who take breakfast as they pass through the line, as they are not required to individually identify students. A CEP or Provision II school with 500 students and 4 serving lines averages 3-5 minutes of serving time when using a simple tally point of service meal count.

In schools not operating CEP or Provision II, an electronic POS should be used to individually identify students accessing breakfast. The warning bell timing may need to be adjusted to allow all students to pass through the breakfast line, identify themselves at the Point of Service if they have taken a meal, and continue to class on time.

Considerations: Arrival Times

With breakfast served after the bell, students will not need to arrive at school early in order to eat. Many schools opt to adjust bus schedules and arrival times to be closer to the start of instruction. This allows for students to arrive and head straight to the classroom to start their day, as opposed to congregating and requiring supervision.

