

A CLOSER LOOK AT SECOND CHANCE BREAKFAST (2C)



(Recommended by United Way)

Breakfast is available to students before school as usual. Students who do not wish to access before-school breakfast, or those who do not arrive in time to access before-school breakfast, go directly to their first period class. These students know that they will have an opportunity to eat after their first class.

Second Chance Breakfast is available at a designated time before 10am - typically during a pre-existing passing period. Breakfast Stations (kiosks, carts, or tables with quickly-accessible breakfasts) are strategically placed throughout the school so that all students pass one as they transition between classes. Each Breakfast Station must use an electric POS to individually identify students.

Many schools opt to slightly extend their passing period (typically 1-2 minutes) to ensure students have time to pass through the breakfast line at the Breakfast Station and make it to their next class on time. 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 begin alongside breakfast.



Additional Considerations - Utilizing First Period to Streamline Breakfast

Secondary students may have class periods not conducive to eating in the classroom. To avoid disruptions in instruction, while ensuring all students have the opportunity to consume their breakfast after the bell, many schools designate the start of first *and* second period as acceptable times to eat in the classroom. This way, if a student knows that they have a second period chemistry lab where chemicals make eating at their desk unsafe, they can enjoy their breakfast after the bell during first period, and vice versa.

2C Top Priority

Staff buy-in must be a top priority when implementing Second Chance Breakfast. It is essential that teachers are all on the same page, and 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 that they can be ready to learn!

Please Note: Using a passing period to distribute meals for the classroom is the best practice for increasing breakfast participation, however some schools may opt to build a nutrition break into their schedule. Without proper messaging and procedures, nutrition breaks can result in re-arranged schedules and extra work for staff, but minimal changes in participation. If your district is considering this, we advise you reach out to schoolbreakfast@uwkc.org and/or your Program Specialist to discuss your procedures.

