

WHY IS SCHOOL BREAKFAST IMPORTANT?

25% of Philadelphians are food insecure. As a result, many students come to school hungry. Hunger due to insufficient food intake is associated with lower grades, higher rates of absenteeism, repeating a grade, and an inability to focus among students.

Eating breakfast gives students the energy they need to learn. Student participation in the USDA School Breakfast Program is associated with the following benefits:

Improved cognitive
performance



Increased academic
grades and standardized
test scores



Reduced
absenteeism



DID YOU KNOW?

Students who eat breakfast at school are less likely to show symptoms of poor behavior, frustration, fatigue, headaches, and stomachaches.

WHAT DOES THE DISTRICT'S WELLNESS POLICY SAY?



SDP Policy 145: Student and Staff Wellness states that "the district shall arrange bus schedules and utilize various methods to serve school breakfasts, including serving breakfast in the classroom, 'grab-and-go' breakfast, or scheduled breakfast in the cafeteria."

SDP's Division of Food Services aims to serve 70% of students in attendance breakfast every day. They offer a variety of "breakfast after the bell" options that your school can implement to make sure your students are well-fed and ready to start the day right. Flip over to learn more!



TAKE ACTION!

WHAT YOU CAN DO:

- ✓ Select one or more "Breakfast After the Bell" models that you would like to implement:

BREAKFAST IN THE CLASSROOM

- Food Services staff fill crates or delivery bags in the cafeteria
- Students or teachers pick up the crates or bags and bring to their classrooms
- Teachers record meals taken by students using a classroom roster
- Students or teachers return crates or bags and rosters to the cafeteria

BREAKFAST CARTS AT YOUR DOOR

- Food Services staff fill the cart in the cafeteria and travel through the hallways to classrooms
- Students pick up breakfast from the cart and return to their classroom to eat
- Food Service staff record the meals taken by students

**Elevator needed*

HALLWAY GRAB-N-GO

- Food Services staff fill the cart in the cafeteria and set it up in the hallway, usually near the school's entrance
- Students can grab breakfast from the cart to eat in their first class
- Food Service staff record the meals taken by students

SECOND CHANCE BREAKFAST IN THE CAFETERIA

- Teachers bring their entire class through the cafeteria line
- Students can eat in the cafeteria or can bring the breakfast back to their classroom to eat

Receive training and help with implementing "Breakfast After the Bell" models!

- ✓ Reach out to your Food Services Field Supervisor or contact the Division of Food Services by visiting their website or calling 215-400-3663.

WHAT EAT RIGHT PHILLY CAN DO:

Our team can help every step of the way! We want students to eat breakfast so they start the day ready to learn. We work closely with the Division of Food Services and help schools reach their breakfast goals by:

- Educating students about breakfast
 - Providing talking points for morning announcements
 - Hosting promotions in the cafeteria
 - Holding student poster contests
- ... AND MORE!

CONTACT US TODAY TO GET STARTED!

Reach out to your Eat Right Philly Educator or visit our website to find out which partner is working in your school and access their contact information.