



# Grab 'n' Go Breakfast



- Grab 'n' Go breakfasts are convenient. They take less time to prepare than most traditional breakfast meals and decrease long lines.
- A bagged breakfast can be enjoyed on the go, during break or during 1<sup>st</sup> period.
- Secondary students like Grab 'n' Go breakfast for opportunities to eat at different locations and times.

## Fact Sheet

Who:	Meet with key decision makers at your school to initiate the program. Obtain approval and support from administrator, principal, teachers and food service staff. Staff at each school receives training for set-up and implementation.
What:	A bagged breakfast or individually wrapped servings of breakfast components can be served before school or during a break. Students will have the choice of a fast, nutritious breakfast.
When:	Before school, during morning break or 1st period.
Where:	Position mobile carts or tables at school entrance or high traffic areas.
Why:	To increase participation in the breakfast program. Increases speed and convenience of service. Provides a nutritious meal to students.
How:	The cart/table contains prepared breakfast choices. Bags are individually wrapped reimbursable breakfast meals. Promote with Grab 'n' Go posters, especially at pick up points.

**Will this work for my school? Circle YES/NO after each of the following statements to determine if Grab 'n' Go will work for your school.**

1. Participation in the breakfast program is significantly lower than lunch.	YES	NO
2. Food carts are available or space exists for placement of tables in entrances for "curbside" services.	YES	NO
3. Teachers realize the importance eating breakfast has to the learning process.	YES	NO
4. Breakfast needs to be served faster and serving areas need to be more accessible.	YES	NO
5. Students already grab soft drinks and snacks from vending machines as they rush to class.	YES	NO
6. Additional labor hours are not available.	YES	NO
7. Flexibility is needed in scheduling serving times.	YES	NO
8. Meal payment system does not require cash at point of service.	YES	NO
9. Congestion in cafeteria dining room needs to be reduced.	YES	NO