



# Breakfast After 1<sup>st</sup> Period



- Breakfast served following the first instructional period provides students a nutrition break.
- Students who ate little at home may be hungry again by this time.
- A mid-morning breakfast gives students a nutritious choice versus vending machine items or a non-reimbursable milk break.

## Fact Sheet

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| 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:  | The nutrition break creates a way for students to eat a meal that was missed or inadequate earlier in the day.  |
| When:  | Between the first and second class period.  |
| Where: | Use mobile carts or tables in a centrally located area where students are changing classes.   |
| Why:   | To increase participation in the breakfast program.<br>Increases speed and convenience of service.<br>Provides a nutritious meal to students.   |
| How:   | The meal provides a nutrition break to students as they move through the hall to their next class. The pre-packaged items need to be hand-held and easy to eat and can be served in the cafeteria or from Grab 'n Go locations.         |

**Will this work for my school? Circle YES/NO after each of the following statements to determine if Breakfast After 1st Period will work for your school**

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|--|-----|----|
| 1. There is flexible class scheduling to accommodate a breakfast break.                      | YES | NO |
| 2. Class schedule was changed to have students arrive earlier than previous year.            | YES | NO |
| 3. Principal has expressed interest in providing better nutrition for students.              | YES | NO |
| 4. Students already grab soft drinks and snacks from vending machines as they rush to class. | YES | NO |
| 5. Your principal is usually open to new ideas and change.                                   | YES | NO |
| 6. Cafeteria is small, crowded or in use.  | YES | NO |
| 7. There are one or more areas in the building where breakfast could be distributed.         | YES | NO |
| 8. Teachers realize the importance eating breakfast has to the learning process.             | YES | NO |
| 9. Cafeteria is centrally located for ease of service.                                       | YES | NO |