

The Background

Start Smart Utah is a school breakfast program that gives students access to food across the state. School Breakfast Programs (SBP) provide reimbursement to operate nonprofit breakfast programs in schools and residential childcare institutions. The Food and Nutrition Service administers the SBP at the federal level. State education agencies administer the SBP at the state level, and local school food authorities operate the program in schools.

Breakfast Barriers

Many barriers stand between students and eating school breakfast, from transportation and cafeteria logistics to stigma. Providing a School Breakfast in schools will increase access to food for students. It not only provides a meal to a student who may otherwise go hungry, but research also demonstrates students who eat a nutritious breakfast tend to perform better in school, have better attendance and exhibit fewer behavioral problems.

Five ways school breakfast benefits kids:

- **Higher Test Scores:** Hunger makes school harder. On average, students who eat school breakfast achieve 17.5 percent higher scores on standardized math tests.
- **Calmer Classrooms:** Children who do not regularly get enough nutritious food to eat tend to have significantly higher levels of behavioral, emotional and educational problems.
- **Fewer Trips To The Nurse:** When kids come to school hungry, they visit the school nurse more often due to stomachaches and headaches. Kids who struggle with hunger are also likely to be sick more often, slower to recover from illness, hospitalized more frequently and more susceptible to obesity.
- **Stronger Attendance & Graduation Rates:** On average, students who eat school breakfast attend 1.5 more days per year. Students who attend class more regularly are 20 percent more likely to graduate from high school.
- **Increased Social Engagement:** Eating with classmates creates opportunities for conversations. Conversations can build positive peer relationships extending beyond breakfast time. These conversations can build language skills that contribute to improved social interactions.

Start Smart Breakfast Program



Bill Details

Start Smart Utah Program is a bill that will provide students with additional access to nutritious food during the school day; including:

All public schools who participate in the national school lunch program shall participate in the national school breakfast program

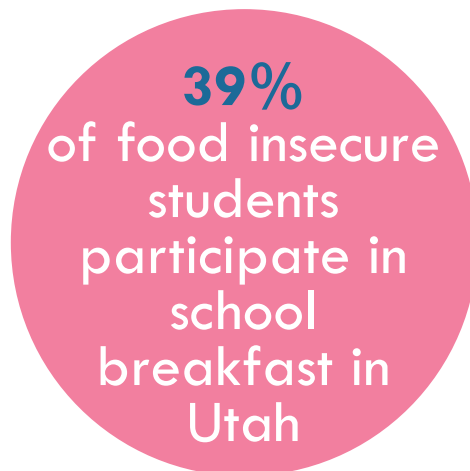
Starting in school year 2020-2021 any school with a free/reduced 70% or higher shall use an alternative breakfast service style.

Starting in school year 2021-2022 any school with a free/reduced 60% or higher shall use an alternative breakfast service style.

Starting in school year 2022-2023 any school with a free/reduced 50% or higher shall use an alternative breakfast service style.

All schools can apply for a waiver that would allow them to opt out of the breakfast requirements.

Data Points





Alternative Breakfast Options

Breakfast In The Classroom

Students eat breakfast in their classroom after the official start of the school day. Students or staff deliver breakfasts to classrooms from the cafeteria via coolers or insulated rolling bags. Breakfast in the Classroom takes 15 minutes on average.

Grab And Go

Students pick up conveniently packaged breakfasts from mobile service carts in high traffic areas that are convenient to students, such as hallways, entryways or cafeterias. Students can eat in their classroom or in a common area before and after the bell has rung.

Second Chance Breakfast

Students eat breakfast during a break in the morning, often between first and second period or midway between breakfast and lunch. Schools can serve breakfast using a Grab and Go model, or they can open the cafeteria to serve breakfast during the break. Second Chance Breakfast can be effective for middle or high school students who may not be hungry first thing in the morning or prefer to socialize with friends.

Universal Breakfast

Additionally, universal breakfast is a helpful addition to any breakfast model, as it removes the financial barriers students may face when participating in the National School Breakfast Program. Universal breakfast is when breakfast is offered to all students at no cost. Schools continue to claim federal reimbursement in the correct category for any student participating in the breakfast program. Offering breakfast at no cost generally increases breakfast participation, and removes stigma lower-income students often face when they eat breakfast at school.

Point of Contact

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