



## What is the difference between traditional and alternative school breakfast styles?

A traditional breakfast service takes place in the cafeteria before school starts. An alternative breakfast service takes place during school hours (after the bell), usually in a location other than the cafeteria.

## Why should schools serve an Alternative Breakfast Style to student?

The traditional way of serving breakfast – before school even starts – is ineffective in most schools. 90% of Utah schools serving lunch already serve breakfast, but Utah kids who face hunger are missing out since most are serving a traditional breakfast. As a result, breakfast just isn't reaching most of the kids who need it. (As one business leader put it, can you imagine if we ran our businesses for years with no change, even if we saw something wasn't working? That would never happen in the private sector, so we should be innovating vigorously around programs that aren't doing what they were meant to do.) Something as simple as when you serve breakfast, however, can make all the difference. Every major school district in the U.S. is different, with unique systems, students and needs. Breakfast After The Bell gives districts the power and flexibility to use the models that work best in each school. And it works. Districts that are among the best at connecting kids in need to school breakfast are all very different but share something in common: They have made breakfast a seamless part of the school day, using Breakfast After The Bell models. At the same time, districts that are among those with lowest success rates for connecting kids in need to school breakfast are all very different, but they too have something in common: They are not widely utilizing Breakfast After The Bell models in their school systems.

## Does serving alternative breakfast styles (breakfast after the bell) cost more than traditional service?

Possibly but Breakfast After the Bell makes financial sense. School breakfast is a federal program and the meals are reimbursed by the federal government. In the short term, it is cost-effective for high-need schools, many of whom are facing significant financial strain. According to Kelly Orton, Food Service Director for Salt Lake School District, "When comparing our Breakfast in the Classroom (BIC) and regular breakfast, we show a 7.5% increase in food cost (due to individual packaging) and a slight increase in labor. On the plus side, our BIC schools double their breakfast participation which more than covers the added cost."

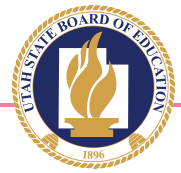
## What are the benefits of giving students more access to food during the school day?

School breakfast does more than provide a meal to a hungry student. According to National Conference of State Legislators Schools Meal Guide, "Not only does school breakfast provide a meal to a student who may otherwise go hungry; research demonstrates that children who eat a good breakfast tend to perform better in school, have better attendance and exhibit fewer behavior problems. In addition, children who eat a good breakfast develop healthy eating habits, visit the school nurse less frequently, and are less likely to be obese."

[www.ncsl.org/documents/statefed/School\\_Breakfast\\_Program\\_FactSheet.pdf](http://www.ncsl.org/documents/statefed/School_Breakfast_Program_FactSheet.pdf)

## How does this benefit families?

School Breakfast benefits families in most need in ensuring their children receive access to affordable healthy food. School breakfast can simplify mornings for families by offering kids and teens healthy options that fit into their schedule.



## What if a student has food allergies?

With all alternative breakfast styles an LEA and individual schools are required by federal law to accommodate food allergy needs of any student. A food allergy is considered a disability under federal law and therefore requires students with a food allergy be given a 504 accommodation plan that the school is required to adhere to. In addition to these federally created protections, all food service directors undergo a food sensitivity training and the USBE Child Nutrition Program has employed registered dietitians to provide ongoing technical support for any school and food service employee needing more guidance on how to accommodate any kind of food allergy. USBE staff then conduct regular Administrative Reviews of each school participating in the national school lunch and national school breakfast program. This review includes an audit of adherence to any 504 plan accommodations for students experiencing a food allergy.

## How many schools will this affect?

933 Schools participate in the school lunch program with 838 also participating in the school breakfast program. This legislation would change how some of the 838 schools who participate distribute and serve breakfast. This legislation would also require the other 95 schools not participating to incorporate school breakfast as part of the meals package they already serve.

## How does this affect classroom instructional time?

Utah State Board of Education has passed a rule (Board Rule R277-419 – Pupil Accounting) That allows for all school day calculations shall include alternative breakfast models where breakfast is consumed in class.

## How will schools be trained/informed of any new legislation around school breakfast?

Educational/Informative materials are currently being developed. These materials will be shared with SFA's and will be posted on USBE Child Nutrition Website. USBE Child Nutrition Programs will also hold a School Breakfast Conference on April 15th, 2020. SFA's can attend in person or join the conference sessions through WebX.

## Are other states passing legislation around alternative breakfast (breakfast after the bell) styles?

Breakfast After The Bell State Legislation: Six states have passed legislation requiring Breakfast After the Bell and have seen hugely positive impacts on participation, academic achievement and school meal program finances: Colorado, DC, Illinois, Nevada, New Mexico and West Virginia. Based on lessons learned, Sample State Legislation: Breakfast After the Bell provides recommendations and considerations for drafting a Breakfast After the Bell requirement law based on the experiences of the states that have successfully passed this type of legislation.

## What if schools have concerns about implementation?

USBE Child Nutrition Programs have partnered with other organizations to assist schools in implementing a school breakfast program. SFA's will also have the option to apply for a waiver through USBE to opt out of any school breakfast requirement.