

SECOND CHANCE BREAKFAST

Everyone from the principal to teachers to the school nurse can help support this model change.



Second Chance Breakfast offers students the opportunity to grab breakfast a bit later in the morning—often during a break or passing time between morning classes, and most likely from a cart or kiosk located in high-traffic areas.

IMPLEMENTING IS A TEAM EFFORT

Clearly communicating the various roles and responsibilities to each stakeholder from the outset of the process can help ensure a smooth implementation.

FOOD SERVICE DIRECTOR AND STAFF

Food service staff are in charge of managing the day-to-day operations of the school breakfast program. To ensure the Second Chance breakfast model is successful, food service staff should:

- Be aware of the times during which students will come back down to the cafeteria or 2nd chance kiosk location(s) and make sure the breakfast is available.
- If possible, begin to prepare for lunch during the time students are in class before they come back down for breakfast.
- Ensure information about the school breakfast program, including the menu and availability of free meals is available on the website.
- Consider additional staff if offering a breakfast program for the first time or if adding multiple second chance kiosks, to help everything run smoothly.

SUPERINTENDENT

Support from school leaders and administration is very important to the program's success. The superintendent can help lead the push to implement a model change or new program, as well as give insight into the state of hunger in the district and is critically important to getting teachers and other staff excited about the new breakfast model.

PRINCIPAL

As the head of the school, the principal should lead the charge in communicating breakfast changes to school staff, students, and families.

- The school principal should communicate with each stakeholder about the change to school breakfast prior to

the change taking place. Stakeholders will be much more willing to work with the school on the change if their feedback is taken into account from the beginning.

- Principals should also promote Second Chance Breakfast with parents at parent nights and through letters and flyers home. Decorate the area where breakfast is served with posters about the program designed by students.

CUSTODIAN

Second Chance Breakfast may change custodians' normal routine slightly, however, it should not add more work for them. With this model, students may come to the cafeteria for breakfast between their first and second classes, so custodians should wait until the start of the second period to clean up the cafeteria.

TEACHERS

Often, low school breakfast participation is due to lack of awareness about the program. Teachers can help support school breakfast by:

- Speaking to students in their homeroom or first class about the importance of a healthy breakfast and the impact it has on their readiness to learn.
- Reminding students of the availability of school breakfast and encouraging them to head to the service location at the time Second Chance Breakfast is offered.

NURSE

School nurses see the direct health effects of hunger. They can communicate the importance of a healthy breakfast to students and encourage them to take part. To help increase breakfast participation, nurses can:

- Speak with students visiting their office about the importance of a healthy breakfast in the morning and the impact it has on students' mental and physical well-being and academic success.
- Keep track of the number of students reporting for hunger-related complaints.
- Inform students who come to the nurse's office with hunger-related complaints of the opportunity to get breakfast after the start of the school day and see if anything may be standing in the way of them accessing the meal.
- Follow-up with students they see on a frequent basis or students who they know may be experiencing the impacts of hunger at home.

PROJECT BREAD IS HERE TO HELP YOU WITH ALL THINGS SCHOOL BREAKFAST:

Contact Project Bread's Child Nutrition Outreach Program: 617-239-2543 • cnop@projectbread.org • projectbread.org/schools