

## Report Summary

Principals are the leaders of their schools, responsible for shaping the learning environment and fostering student achievement. They often have the authority to determine which programs are implemented in their schools. And ultimately they are held accountable for their students' academic progress and success. A growing number of principals are embracing Breakfast in the Classroom (BIC) as the best way to support student participation in the School Breakfast Program, and thereby ensure that their students start the school day ready to learn. This report provides guidance for principals interested in implementing Breakfast in the Classroom at their schools, and insights into the leadership they can provide to build a strong and sustainable program.

*"Breakfast in the Classroom has increased the number of students eating breakfast and it creates a positive atmosphere in the school building." —Principal, Kansas City, Kansas Public Schools, KS*

Nationally, the School Breakfast Program serves only half of the low-income students who participate in the National School Lunch Program.<sup>1</sup> While this is far better than 10 or 15 years ago, too many students still go hungry at morning. The traditional school breakfast program in which students are offered breakfast in the cafeteria before the school day starts misses too many students: bus schedules, late arrivals, school security lines, students' desire to talk with or play with friends, or a sense that only low-income children participate in the cafeteria breakfast all contribute to low participation rates.

*"We had more students eating breakfast and fewer students tardy." —Principal, Des Moines Public Schools, IA*

Breakfast in the Classroom—moving breakfast out of the cafeteria and making it part of the school day—has emerged as a crucial strategy for increasing school breakfast participation.<sup>2</sup> More principals and other members of school leadership are embracing this strategy, and a growing number of schools are choosing to implement it. Breakfasts either are delivered to the classroom, or students pick them up at a kiosk or in the cafeteria and bring them to the classroom. Schools with high percentages of students receiving free and reduced-price meals offer breakfast to all students for free. Students eat breakfast together at their desks, often during morning announcements, while their teacher takes attendance, collects homework, and goes over the lesson plan for the day.

*"I love BIC! My students come in each morning ready to learn because they don't have to go to the cafeteria and wait in line. The students are much calmer and are ready to start the day now that we have BIC!" —Principal, Guilford County Schools, NC*

The Food Research and Action Center (FRAC) and the National Association of Elementary School Principals Foundation (NAESP) conducted a survey of 276 school principals from 15 school districts whose schools operate Breakfast in the Classroom programs. Breakfasts are offered free to all students, because the school or the school district has a high percentage of students who qualify for free and reduced-price school meals. The survey assessed principals' experience with their schools' Breakfast in the Classroom programs, including challenges they encountered and factors that contribute to successful programs.

### Breakfast in the Classroom (BIC): Two Models

- Breakfasts are delivered directly to the classroom where students eat during the first few minutes of the school day.
- Students grab a bagged breakfast from carts located around the school building and take the breakfast to their classroom to eat during the first few minutes of the school day, commonly called "grab and go."

# Elementary Research Report Format

**Karin Nielsen-Saines**



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