



BREAKFAST GRAB & GO HELPS KIDS LEARN AND GROW



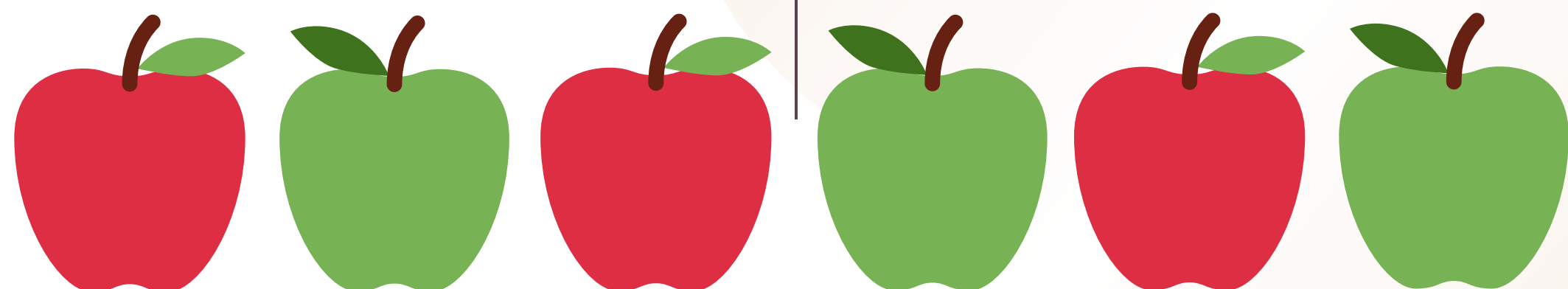
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22 million children in the United States rely on the free or reduced-price lunch they receive at school, and every one of them is eligible for free breakfast as well. But as many as 3 million children aren't getting the breakfast they need because of the way it's served in schools.

- No Kid Hungry

NEARLY 1 IN 10 MINNESOTA KIDS MAY NOT GET ENOUGH TO EAT. THESE CHILDREN RELY ON SCHOOL MEALS, INCLUDING BREAKFAST, TO PROVIDE CONSISTENT, HEALTHY ACCESS TO FOOD. STUDIES SHOW THAT CHILDREN WHO SKIP BREAKFAST HAVE LESS OF AN ABILITY TO CONCENTRATE, MORE BEHAVIORAL ISSUES IN THE CLASSROOM AND LOWER ACADEMIC PERFORMANCE.^{12,13,14,15} HOWEVER, MANY PROGRAMS FOR TRADITIONAL SCHOOL BREAKFAST ARE OFTEN UNDERUTILIZED.

TRADITIONAL SCHOOL BREAKFAST PROGRAMS REQUIRE STUDENTS TO SIT AND EAT THEIR MEALS IN THE SCHOOL CAFETERIA BEFORE LEAVING FOR CLASS. THIS MAY NOT BE PRACTICAL FOR SOME STUDENTS AS THEY ARE UNABLE TO ARRIVE AT SCHOOL WITH ENOUGH TIME TO RUSH TO THE CAFETERIA AND EAT THEIR BREAKFAST BEFORE CLASS STARTS, OR THEY WOULD RATHER SPEND THEIR TIME SOCIALIZING WITH FRIENDS AND AVOID NEGATIVE JUDGEMENT FOR EATING A SCHOOL-PROVIDED MEAL.



WHY GO FOR GRAB & GO

- STUDENTS WHO EAT BREAKFAST PERFORM BETTER ON STANDARDIZED TESTS AND HAVE IMPROVED COGNITIVE FUNCTION, FOCUS, AND LEARNING IN THE CLASSROOM.^{1,16,17,18}
- STUDENTS DEMONSTRATED DECREASED RATES OF TARDINESS, DISCIPLINARY OFFICE REFERRALS, AND NURSE VISITS.^{2,3,19}
- ACCESS TO SCHOOL BREAKFAST DECREASES STUDENTS' RISK OF FOOD INSECURITY AND BREAKFAST SKIPPING, ESPECIALLY FOR LOW-INCOME CHILDREN.^{4,5,6}
- EATING BREAKFAST REGULARLY HAS BEEN LINKED TO GREATER INTAKE OF FIBER, CALCIUM, IRON, VITAMIN C, AND LOWER INTAKE OF FAT, CHOLESTEROL, AND SODIUM.^{7,8,9}
- BUS ARRIVAL TIME CAN VARY! WITH GRAB & GO BREAKFASTS, BUS-RIDING STUDENTS ARE ABLE TO GET BREAKFAST ANYTIME BEFORE CLASSES BEGIN.

IT'S EASIER THAN YOU THINK!

CONCERN: MESSINESS, TRASH, AND SPILLS IN THE CLASSROOM AND HALLWAYS

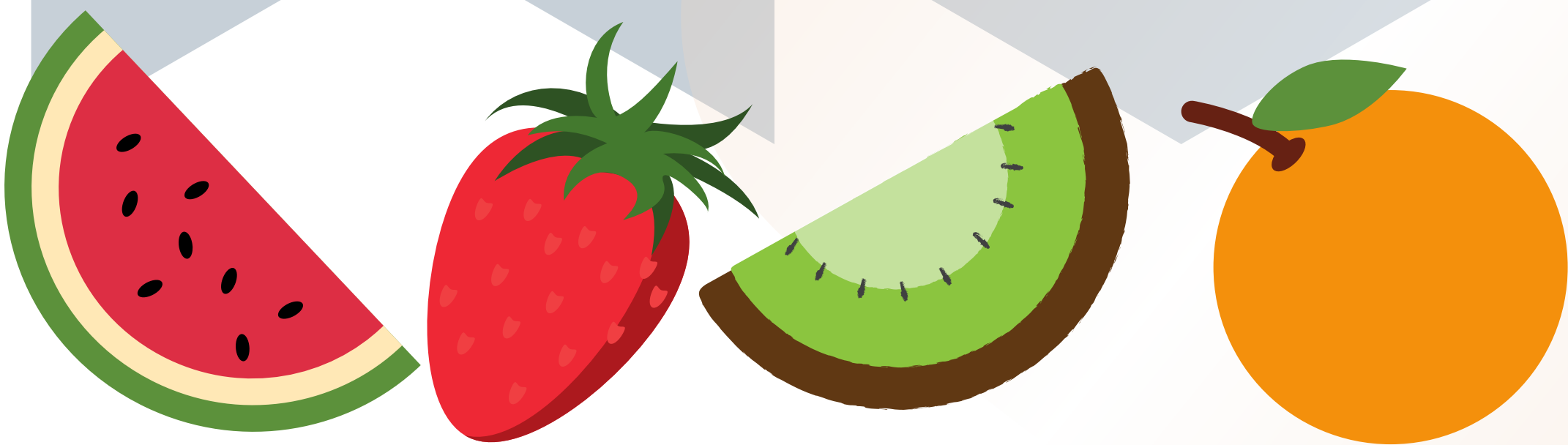
SOLUTION: PLAN FOR STRATEGICALLY-PLACED TRASH CANS AT EASILY ACCESSIBLE LOCATIONS FOR EASY DISPOSAL, CLEAN-UP, AND EASY PICK-UP.¹⁰

CONCERN: HIRING MORE FOOD SERVICE WORKERS TO COMPENSATE FOR SERVING EXTRA MEALS

SOLUTION: CURRENT FOOD SERVICE WORKERS CAN PREPARE THE GRAB & GO CARTS WITH INDIVIDUAL ITEMS OR PACK REIMBURSABLE BREAKFASTS INTO INDIVIDUAL PAPER BAGS THE DAY BEFORE.¹⁰

CONCERN: INDIVIDUALLY WRAPPED BREAKFAST ITEMS GENERATES WASTE.

SOLUTION: WITH REUSABLE BREAKFAST BAGS, RECYCLABLE PACKAGING, AND THE INCLUSION OF NON-WRAPPED ITEMS, LIKE WHOLE FRUIT, GRAB & GO BREAKFASTS CAN BE ENVIRONMENTALLY FRIENDLY!



OUR MODEL

ST. PAUL PUBLIC SCHOOLS (SPPS) ARE CURRENTLY USING THE GRAB & GO BREAKFAST PROGRAM. SPPS USES GRAB & GO SERVING CARTS, WHICH ARE PLACED IN EASILY ACCESSIBLE AND HIGH-TRAFFIC LOCATIONS WITHIN THE SCHOOL WHILE STUDENTS ARE ARRIVING, INCLUDING THE CAFETERIA, BUS DROP OFF LOCATIONS, AND MAIN ENTRANCES. THESE EFFICIENT CARTS CONTAIN A VARIETY OF SCHOOL NUTRITION-APPROVED BREAKFAST ITEMS TO APPEAL TO KIDS DURING THE MORNING RUSH.



An example of a Grab & Go breakfast cart on wheels, fully loaded with school nutrition program approved breakfast items! With older students, only minimal monitoring by a staff member is needed to ensure that students are taking enough items to compose a reimbursable meal.

Source: University of Illinois Extension

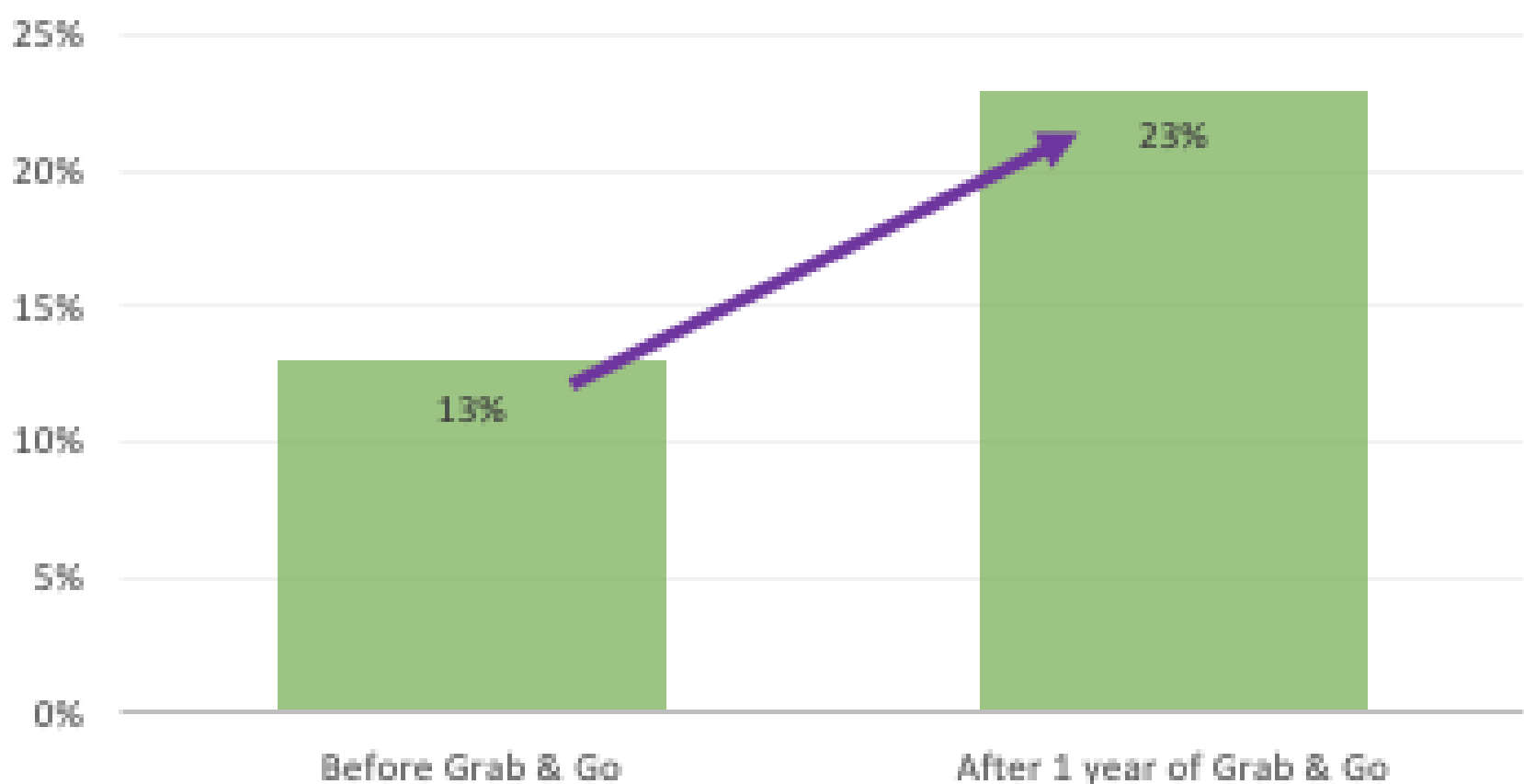
Something to also consider: Our SPPS model recently implemented reusable breakfast bags for their Grab & Go breakfasts. Thanks to a partnership with Goatote, they're reducing their plastic waste while offering nutritious breakfasts for thousands of students every day.



A STAFF MEMBER NEARBY HELPS STUDENTS TO CHOOSE BREAKFAST ITEMS THAT WILL FILL THEM WITH GOOD NUTRITION WHILE ALSO COMPOSING A REIMBURSABLE MEAL. STRATEGICALLY PLACED TRASH CANS ENCOURAGE STUDENTS AND STAFF TO MINIMIZE STRESS ON JANITORIAL STAFF. A SCHOOL BREAKFAST SET-UP LIKE THE ONE IN THE ST. PAUL PUBLIC SCHOOLS HAS INCREASED CONSUMPTION OF BREAKFAST THROUGHOUT THE SCHOOL DISTRICT, ENSURING MORE STUDENTS ARE GETTING BREAKFAST TO START THEIR DAY WITH SUCCESS.



School Breakfast Participation



Eight at-risk Schools in Rural Minnesota participated in a Pilot Grab & Go Breakfast Program with positive results.

Source: UMN Project Breakfast

LET'S GO FOR GRAB & GO!

THE GRAB & GO BREAKFAST PROGRAM TACKLES MANY BARRIERS OF TRADITIONAL SCHOOL BREAKFAST BECAUSE IT CAN BE SERVED IN A NONTRADITIONAL WAY: INDIVIDUALLY-WRAPPED HEALTHY ITEMS PLACED AT HIGH TRAFFIC AREAS WITHIN THE SCHOOL FOR STUDENTS TO QUICKLY EAT, STANDING OR SITTING. IT ENCOURAGES STUDENTS TO EAT SCHOOL BREAKFAST DUE TO EXPANDED ACCESSIBILITY AND FLEXIBILITY OF STUDENTS EATING THEIR BREAKFAST WITH FRIENDS AND NOT BEING LIMITED TO EATING JUST IN THE SCHOOL CAFETERIA.

THE GRAB & GO BREAKFAST PROGRAM IS FUNDED BY THE UNIVERSAL SCHOOL BREAKFAST PROGRAM, WHERE ALL STUDENTS CAN RECEIVE FREE BREAKFAST IN QUALIFYING DISTRICTS, AND ULTIMATELY, INCREASE SCHOOL BREAKFAST PARTICIPATION. BY IMPLEMENTING A GRAB AND GO BREAKFAST PROGRAM, IT ENSURES THAT ALL STUDENTS CAN GRAB THEIR BREAKFAST TO EAT BEFORE CLASS STARTS—REDUCING ANY WORRIES OF FREE AND REDUCED BREAKFAST STIGMA, NOT ARRIVING ON TIME, OR ANY OTHER STRESSORS THAT MAY ARISE.

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