



OREGON
DEPARTMENT OF
EDUCATION

Oregon achieves . . . together!



OREGON EXAMPLE

Woodburn High School is a pioneer for *Second Chance* Breakfast in Oregon. Like many high schools, the number of students eating breakfast at school was low. The students at Woodburn HS are ethnically diverse and many come from families struggling to make ends meet. To encourage more students to eat breakfast, Woodburn HS Nutrition Services added a Grab-n-Go breakfast cart in a hallway far from the cafeteria so students with class in that part of the building could easily pick-up breakfast. When their breakfast rates more than doubled, they decided to implement *Second Chance* Breakfast and add three breakfast carts after first period class to reach more students. As the number of *Second Chance* Breakfasts climbed, so did the numbers for the earlier breakfast!

WHY WAS THE STRATEGY CHOSEN?

Hunger is a public health concern with long-term consequences that reach far beyond the classroom. ODE's Child Nutrition Programs work with the Legislature and partners around the state to provide students with additional opportunities to eat breakfast. For many students, the only reliable meals they receive are at school.

Alternative Breakfast Service Models

TARGETED GRADUATION INDICATORS

REDUCE ABSENTEEISM AND TARDINESS
INCREASE POSITIVE BEHAVIOR AND ATTENTION
REDUCE SCHOOL SUSPENSIONS AND IMPROVE SOCIAL RELATIONSHIPS
IMPROVE ENGAGEMENT IN CLASS
RAISE COGNITIVE FUNCTION

DESCRIPTION OF THE STRATEGY

The Federal School Breakfast Program was created so that all students would have a chance to begin the school day fed and ready to learn. Traditionally school breakfast programs have been served in the school cafeteria before the first bell. However, family and bus schedules don't always leave time for students to get to school in time to eat, and as students get older, they become more resistant to eating first thing in the morning. As a result, school breakfast rates for middle and high school students fall sharply.

Alternative breakfast models like *Breakfast in the Classroom*, *Grab-and-Go*, and *Second Chance Breakfast* provide additional opportunities for students to eat after the school day begins. These strategies increase participation in school breakfast across income levels, provide the vital nutrition that growing minds and bodies need, and decrease the stigma of eating school meals (as a "free lunch" student).

Oregon is one of the hungriest states in the nation, with one in six Oregonians experiencing food insecurity – a household economic and social level condition of limited or uncertain access to adequate food. In 2013-2015 only Louisiana, Arkansas and Mississippi had rates higher than Oregon's among households with children under age 18. It is not difficult to understand how food insecurity can impact a child or adolescent's health and ability to learn.

In response, the Oregon State Legislature passed House Bill 2846 in 2015, allowing Oregon educators to instruct while students ate breakfast in their classrooms. When coupled with breakfast at no cost for all students (Community Eligibility Provision, Provision 2), breakfast service models reach more students and result in improved student attendance, focus and behavior (Centers for Disease Control Health and Academic Achievement, 2014).



EVIDENCE THE STRATEGY IS EFFECTIVE

At study in the Economic Research Service indicates that increasing the convenience of the School Breakfast Program leads to greater participation, specifically serving breakfast in the classroom rather than the cafeteria, and adjusting the time and duration of the breakfast period (Bartfeld, 2010).

The Centers for Disease Prevention and Control reports students participation in the US Department of Agriculture (USDA) School Breakfast Program is associated with higher GPAs, standardized test scores, reduced absenteeism, and improved cognitive performance (e.g. memory).

Students who more often participated in school breakfast demonstrated improvement in punctuality, attendance, and math scores. Additionally, students experienced decreased anxiety and hyperactivity (JAMA Pediatrics).

In addition to the numerous benefits for students, school staff saw improvements as well: reduced nurse's office visits, increased standardized test scores, higher GPAs and more positive learning environments. (*No Kid Hungry, Share Our Strength*)

FUNDING OF THE STRATEGY

Woodburn School District applied for a Fuel Up to Play 60 School Nutrition Equipment grant from the Oregon Dairy and Nutrition Council Equipment Assistance grants are also available through the National School Lunch Program.

THE STRATEGY IS WORKING IN OREGON

More than 140 schools have formal Breakfast in the Classroom programs throughout the state, and many others have employed such strategies as Second Chance Breakfast in Woodburn.

With the help of a Fuel Up to Play 60 equipment grant, St. Helens purchased a new serving cart and added a mid-morning breakfast service. With the addition of breakfast after the bell, participation went from just over 4000 a year to over 10,000 a year.

Edwards Elementary in Newberg serves breakfast to 400 students in 10 minutes, with help of two carts in the hallway.

North Marion School District has started Grab-and-Go before the bell at the high school, and is pursuing Second Chance Breakfast possibilities as well. The teachers and students all noticed the benefits of school breakfast during state testing last spring and the principal is very supportive. North Marion received a breakfast mini grant (\$10,000) from the Association of Superintendents.

For more information, visit www.oregon.gov/ode.

LINKS TO RESOURCES FOR IMPLEMENTATION AND FURTHER RESEARCH

Breakfast in The Classroom: A How-To Manual for Schools

<http://www.ode.state.or.us/wma/nutrition/snp/bic-manual-in-full.pdf>

Breakfast Blueprint: Breakfast After the Bell Programs Support Learning

<http://frac.org/research/resource-library/breakfast-blueprint-breakfast-bell-programs-support-learning>

Let's Do Breakfast Oregon

<https://oregonhunger.org/school-breakfast-program>

Fuel Up to Play 60

<https://www.fueluptoplay60.com/funding/general-information>

NSLP Equipment Assistance Grants – USDA Food and Nutrition Service

<https://www.fns.usda.gov/nslp-equipment-assistance-grants>

Association of Superintendents

<http://www.aasa.org/SchoolBreakfast.aspx>

School Governance & Leadership, Spring '17

<http://resources.aasa.org/SchoolBreakfast/mobile/index.html#p=1>

CDC's Health and Academic Achievement

https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf

Food Research and Action Center (FRAC) - The School Breakfast Program

<http://frac.org/programs/school-breakfast-program>

The Relationship of School Breakfast to Psychosocial and Academic Functioning

<http://jamanetwork.com/journals/jamapediatrics/fullarticle/189855>

CONTACT INFORMATION FOR QUESTIONS

Jessica Visinsky, Child Nutrition Specialist,
ODE 503-947-5897