

# Successful Use of This Kit



Throughout these pages, icons have been developed to guide you through the kit. As you see down the left hand side of this page, there is an icon for each decision maker. Keep your eye out for the icon that represents you to help you walk through the kit. Follow the steps that best suit your situation and your needs to implement the School Breakfast Program.



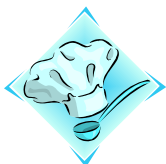
## Principals/Superintendents

Putting the School Breakfast Program into action ensures students start the day with what they need to excel academically and grow up healthy. Studies show that students are more ready to learn after eating breakfast. Students are being bussed earlier and longer and may not have had time to eat breakfast. Children making their own decisions about breakfast may not always make healthy choices.

If your school does not have the School Breakfast Program, walk through this practical kit on how to implement the School Breakfast Program in your school.

If your school has the School Breakfast Program, and you would like to increase participation, pull out the folders called:

- *“There’s More Than One Way to Serve Breakfast”*
- *“Calculating Costs”*
- *“Roadmaps to Success”*
- *“Marketing Efforts”*
- *“Resources”*



## Food Service Directors

Providing students breakfast benefits both the school food service program and children’s health. Schools that have implemented the School Breakfast Program may profit due to the Federal reimbursement available. Students are being bussed earlier and longer and may not have time to eat breakfast. Children making their own decisions about breakfast may not always make healthy choices.

If your school does not have the School Breakfast Program, start with *“There’s More Than One Way to Serve Breakfast”* and then walk through the practical kit for implementation.

If you know you would like to have the School Breakfast Program, and you need to provide groups with more information as to why school breakfast is important, start with *“Roadmaps to Success”*.

If your school has the School Breakfast Program, and you would like to increase participation, pull out the folders called:

- *“There’s More Than One Way to Serve Breakfast”*
- *“Calculating Costs”*
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## Teachers

Studies show (and teachers agree!) eating breakfast at school ensures students start the day ready to learn. When appetites are satisfied, attention span increases and there are fewer discipline problems. The few minutes it takes to add breakfast to the school day are offset by the students’ active participation once their brains are fueled.

If your school does not have the School Breakfast Program, start with *“Roadmaps to Success”*, then walk through the practical kit for implementation.

If your school does have the School Breakfast Program, and you would like to increase participation, pull out the folders called:

- *“There’s More Than One Way to Serve Breakfast”*
- *“Roadmaps to Success”*
- *“Marketing Efforts”*
- *“Resources”*



## Physical Education Teachers/Coaches

Starting the day with a healthy breakfast benefits students' physical and academic performance. Students who rev their metabolism with breakfast have more energy throughout the school day and energy to spare to participate in after-school sports.

If your school does not have the School Breakfast Program, and you would like to have one especially for early morning practices and maintaining energetic athletes, start with *"Roadmaps to Success"*, then walk through the practical kit for implementation.

If your school does have the School Breakfast Program, and you would like to increase participation to keep students and athletes moving all day, pull out the folders called:

- *"Roadmaps to Success"*
- *"Marketing Efforts"*
- *"There's More Than One Way to Serve Breakfast"*
- *"Resources"*



## Parents

Breakfast at school is a helpful option for families. Many children are getting on school busses too early to eat at home. Time is short for getting family members off to where they need to be. Some children are not hungry until after they have arrived at school.

If your child's school does not have the School Breakfast Program, start with *"Roadmaps to Success"* and *"There's More Than One Way to Serve Breakfast"*. Work with your school using this practical kit to implement the program.

If your child's school does have the School Breakfast Program and it does not meet your needs, pull out the folders called:

- *"There's More than One Way to Serve Breakfast"*
- *"Roadmaps to Success"*
- *"Resources"*



## Students/Student Leaders

Did you eat a healthy breakfast this morning or was the bus right around the corner? There are many reasons why breakfast is the best way to start the day. Eating breakfast gives your brain energy to think clearly in your classes. Starting with a healthy breakfast revs your metabolism and keeps it going strong the rest of the day. Studies show those who eat breakfast are less likely to overeat during the day. Breakfast is an important contributor to the total vitamin and nutrient needs for your body to grow strong bones, keep healthy skin, and develop muscles!

If your school does not have the School Breakfast Program, you can lead the way by teaming up with the right partners and using this kit to educate decision makers. Start with the folder called *“Roadmaps to Success”*.

If your school has the School Breakfast Program, be a leader – EAT BREAKFAST! Use the ideas in *“Marketing Efforts”* and *“Resources”* to make school breakfast fun and appealing to all students.



## State Agency

Increasing access to the School Breakfast Program by expanding participation in schools that have breakfast and increasing the numbers of schools offering breakfast is a priority the Food and Nutrition Service supports. In addition, we all know how important starting the day with a healthy breakfast is for a child’s learning and development. Offering a healthy breakfast at school gives busy families another option for ensuring this important meal is eaten.

To help your state win at increasing access to the School Breakfast Program, start with the *“Initial Assessment”* folder and then use this practical kit as a tool for success.