



2018 | SECOND ANNUAL
Massachusetts School Breakfast Report Card

Ending Hunger in Our Classrooms



Expanding “After the Bell” Breakfast
to Fuel Student Learning

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Special Thanks

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Food For Thought

School breakfast fuels the whole child — body and mind — for achievement each day

Today, more students in Massachusetts' high poverty schools are eating breakfast than at any point over the last 10 years.¹

Statewide over 13,000 more children participated in breakfast in October 2017 than in the previous school year. This increase is attributed to both more students across the state qualifying for free (F) and reduced (R) price meals, and to the growing popularity of after the bell breakfast programs.

Proposed changes to federal programs such as SNAP threaten the well-being of low-income children and families. In high poverty schools, those counting 60 percent or more of their students qualifying for F/R price meals, these changes underscore the importance of school meal programs that provide nutritious foods necessary for student health and learning. The USDA school nutrition programs have long existed as a nutritional and scholastic safety net, providing essential nourishment low-income children cannot always get at home. Research shows that children living in low-income families receive half of their daily calories at school.² In Massachusetts' high poverty schools, 74 percent of children

Understanding the Problem

Despite increases in school breakfast participation, nearly 153,000 low-income students are still missing out on a nutritious morning meal each school day.

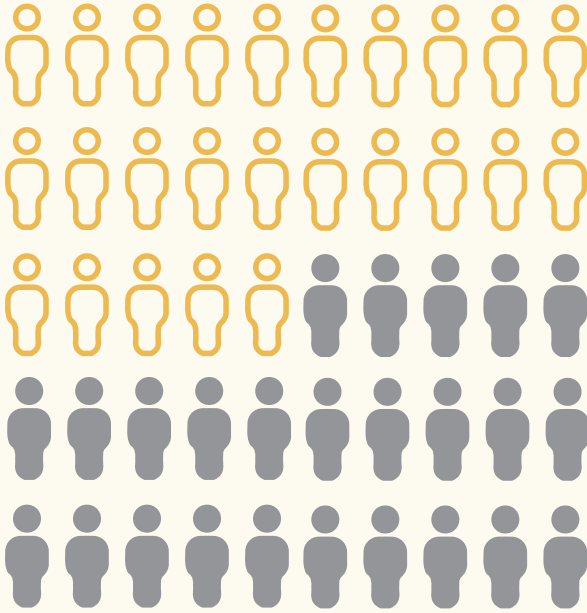
access lunch, while only 53 percent access breakfast. This means that nearly 153,000 low-income students are still missing out on a free nutritious morning meal each school day. Hunger for these children is a serious impediment to learning and long-term success. Free after the bell breakfast for all students at these schools is a **simple and tested solution**.

After the bell breakfast allows students to eat after the instructional day has begun, usually in their classrooms for the first 10-15 minutes of class, which counts as learning time. All students have equal access to breakfast, participation increases dramatically, and most importantly, all students are fed and fueled to learn.^{3,4}

A Tested, Revenue-Generating Solution

After the bell breakfast allows all students equitable access to a nutritious morning meal. It is documented to dramatically boost participation, and can draw down an **additional \$32 million in USDA reimbursements to the state**.

**153,000 MA students
in our highest poverty schools
are not being reached
by breakfast programs.**



\$32 Million
USDA Reimbursements
ARE AVAILABLE FOR EFFECTIVE
SCHOOL BREAKFAST PROGRAMS

**After the bell breakfast helps
increase participation,
giving children the nutrition
their growing bodies need,
and allows schools to
draw down additional
USDA funding.**

Breakfast programs need to be
more effective
to increase participation and revenue.

Of Massachusetts' 638 high poverty schools, an estimated 215 operate after the bell breakfast programs, leaving 423 that do not.⁵ If all of these schools launched after the bell breakfast programs and reached 80 percent participation rates, collectively, high poverty communities would tap into nearly \$32 million in USDA reimbursements each year — money currently forfeited due to low breakfast participation.

Food Insecurity Persists in Massachusetts.

Research shows that food insecurity rates increased during the Great Recession and have yet to return to pre-recession levels in Massachusetts and across the country.⁶ Despite nearly nine years of economic recovery, one out of every seven households in our state still lacks the resources necessary to afford enough food for all household members to lead active, healthy lives.⁷

This second School Breakfast Report is focused on our state's highest poverty schools where the barriers of food insecurity and poverty threaten student success. It aims to inform and call communities to action. By growing the number of families, advocates, and educators supporting this issue, we can mobilize support to push for expansion of after the bell breakfast programming to all high poverty schools in the Commonwealth, ensuring nearly 153,000 more children get a free nutritious meal at the start of each learning day.

Closing the **Achievement Gap**

School Breakfast helps close the achievement gap and improve child health

Research shows when children eat school breakfast they are healthier and more ready to learn. Specific findings include:

- Lower rates of absences and tardiness.^{8,9} The Gomes PreK-5 School in New Bedford reported a 33 percent increase in attendance after switching to breakfast after the bell.
- Improved test scores.^{10,11} In one study, math scores of children who ate school breakfast increased by 17.5 percent compared to children who did not eat school breakfast.¹²
- Fewer visits to the school nurse.¹³ Parker Middle School in Taunton reported a 24% decrease in nurse visits once the after the bell program was introduced. This equates to approximately 18,000 minutes of additional learning time for students.
- Improved dietary intake.^{14, 15}
- Better health outcomes, and, specifically, lower body mass index.^{16, 17}

Recognizing hunger as a serious impediment to learning, the Department of Elementary and Secondary Education issued policy guidance that breakfast eaten after the bell and in the classroom, can count toward student learning time, and encouraged schools to consider adopting after the bell breakfast to ensure that students start the day with a nutritious meal.

RESEARCH-BASED BENEFITS OF BREAKFAST



Test scores



Dietary intake



Tardiness & absences



Visits to nurse



Health outcomes improved

including lower body mass index



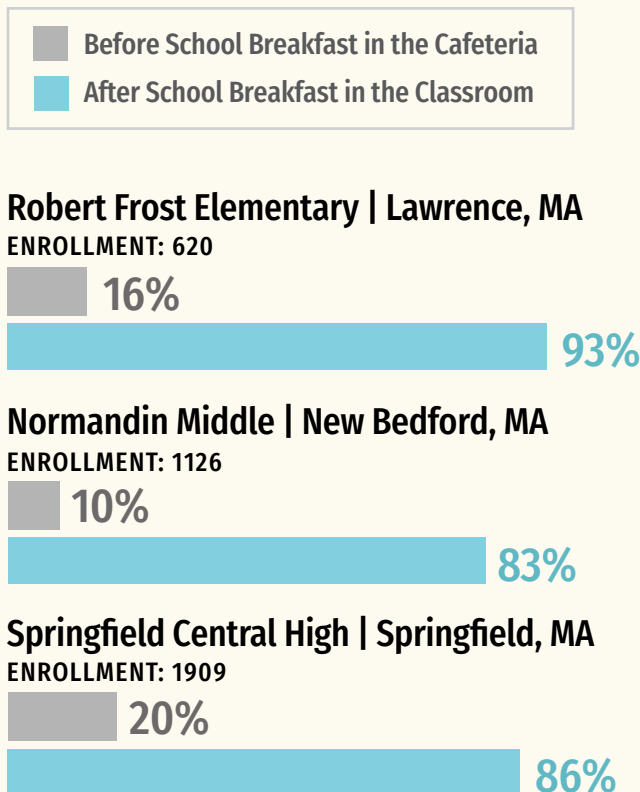
The Issue of Access

Moving school breakfast to after the bell is an issue of equitable access and time

While all high poverty schools are required to operate a breakfast program, most still do so before school starts, requiring students to arrive early to access a nutritious morning meal. Late buses, crowded and intimidating cafeteria lines, limited time to get food and eat before the bell rings, and the stigma that “only the really poor kids eat breakfast” are among the documented barriers to participation.¹⁸



Examples of the increase in breakfast participation when served After the Bell



Moving breakfast to after the bell, when students are required to be in attendance, changes social dynamics. When served after the bell:

- All children have access to a free breakfast. No one must try to arrive early to eat a nutritious meal or be concerned about missing breakfast due to a late bus, and no one is singled-out as needing breakfast.
- Children have 10-15 minutes to eat in the comfort and safety of their classrooms, as opposed to the rushed, crowded, and intimidating cafeteria.
- Teachers report a calmer start to the learning day. Children enter the classroom and sit down to a morning assignment or conversation with classmates while they eat.
- Participation rates in breakfast jump dramatically, and students are fed and fueled to learn.¹⁹



2018 Rankings

School breakfast rankings demonstrate need, leaders, and opportunity for impact

This report groups Massachusetts' 638 high poverty schools into four categories: high poverty districts, charters, vocational technical schools, and hidden need districts.

Districts and schools committed to after the bell breakfast lead these rankings with high breakfast

participation.²⁰ They are models for their peers and their experience provides guidance to those with lagging breakfast participation. Their example demonstrates that schools with over 60 percent of students qualifying for free or reduced price meals can operate financially solvent after the bell programs.

High poverty districts educate 88% of all students in high poverty schools

Table 1 ranks Massachusetts' high poverty districts, those where over 60 percent of students across the district qualify for free or reduced price meals, by their average breakfast participation across all schools in the district.

TABLE 1 Rank Order of 33 High Poverty School Districts by Breakfast Participation

Current Rank SY17/18 Rank	Previous Rank SY15/16 Rank [^]	District	Enrollment	Average Breakfast Participation Across District Schools	Total Additional Federal Revenues If Reach 80% Breakfast Participation Across All Schools
1	2	New Bedford	13,111	82%	\$450,144
2	4	Springfield	25,653	79%	\$513,507
3	11	Holyoke	5,313	73%	\$326,990
4	3	Brockton	16,428	72%	\$873,960
5	1	Lowell	14,788	71%	\$957,912
6	8	Southbridge	2,012	65%	\$108,831
7	5	Greenfield	1,708	64%	\$65,221
8	7	Lawrence	13,907	64%	\$1,227,179

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Current Rank SY17/18 Rank	Previous Rank SY15/16 Rank [^]	District	Enrollment	Average Breakfast Participation Across District Schools	Total Additional Federal Revenues If Reach 80% Breakfast Participation Across All Schools
9	19	Everett	7,100	64%	\$607,881
10	17	North Adams	1,429	64%	\$102,618
11	N/A*	Adams-Cheshire	1,220	61%	\$94,701
12	6	Salem	4,103	56%	\$355,672
13	N/A*	Quaboag	1,350	56%	\$85,657
14	26	Athol-Royalston	1,492	56%	\$84,978
15	10	Chicopee	7,540	55%	\$824,427
16	9	Wareham	2,313	52%	\$133,632
17	15	Fall River	10,131	51%	\$935,514
18	12	Worcester	25,495	50%	\$3,045,852
19	24	Revere	7,578	50%	\$692,858
20	14	Boston	55,395	47%	\$6,774,223
21	21	Taunton	8,178	45%	\$729,177
22	25	Orange	578	45%	\$66,774
23	16	Gardner	2,391	44%	\$187,401
24	29	Gill-Montague	983	44%	\$74,945
25	23	Fitchburg	5,364	43%	\$641,884
26	18	Somerville	4,877	43%	\$543,071
27	20	Webster	1,861	42%	\$159,732
28	22	Lynn	16,960	38%	\$2,535,907
29	28	Pittsfield	5,510	36%	\$692,932
30	31	West Springfield	4,164	31%	\$557,980
31	27	Chelsea	6,372	31%	\$1,096,446
32	32	Malden	6,661	17%	\$1,061,291
33	33	Randolph	2,800	16%	\$449,174

[^]All data and rankings in the first School Breakfast Report relied on SY15/16 data as reported to the MA Department of Elementary and Secondary Education. This second Report relies on SY17/18 data.

*The number of high poverty schools in Adams-Cheshire and Quaboag increased this year, which is why they appear above among high poverty districts. Conversely, need dropped slightly in Erving (SY15/16 ranking of 13) and Ware (SY15/16 ranking of 30) whose high poverty schools are reflected in Table 4 below.

Only 15% of high poverty charters operate breakfast after the bell

Table 2 ranks public charter school operators by their average breakfast participation. 95 percent of all students attending charter schools qualify for F/R meals, however just 44 percent of charter school students receive breakfast each day.

Table 2 Rank Order of 39 High Poverty Public Charter Operators by Breakfast Participation

Rank	Charter Schools	Enrollment	Average Breakfast Participation Across School(s)	Total Additional Federal Revenues If Reach 80% Breakfast Participation Across All Schools
1	Conservatory Lab Charter Schools	316	97%	\$0
2	Libertas Academy Charter School	88	95%	\$0
3	Holyoke Community Charter School	702	94%	\$0
4	Seven Hills Charter School	669	93%	\$0
5	Martin L. King School of Excellence	365	89%	\$0
6	Springfield Prep Charter School	216	82%	\$0
7	Veritas Preparatory Charter School	325	69%	\$12,791
8	Baystate Academy Charter Public School	444	68%	\$19,186
9	Bridge Boston Charter School	308	56%	\$26,334
10	Alma Del Mar Charter School	413	55%	\$36,542
11	Lowell Community Charter School	815	54%	\$77,840
12	Argosy Collegiate Charter School	400	51%	\$30,403
13	Lawrence Family Development Charter School	737	50%	\$73,418
14	Helen Y. Davis Leadership Academy	217	48%	\$24,168
15	Boston Renaissance Charter School	947	47%	\$95,639
16	Community Day Charter Public Schools	1,040	43%	\$134,544
17	City on a Hill Charter Schools	790	43%	\$106,325
18	Academy of the Pacific Rim	531	41%	\$49,002
19	Benjamin Banneker Charter School	355	40%	\$47,846
20	KIPP Massachusetts Charter Schools	1,891	40%	\$259,945
21	Uncommon Schools - Roxbury Prep Schools	1,422	39%	\$181,858
22	Paulo Freire Social Justice Charter	280	38%	\$29,633
23	Abby Kelley Foster Regional Charter Schools	1,425	38%	\$154,852
24	Codman Academy Charter Schools	345	37%	\$39,979
25	Community Charter School	366	36%	\$49,881
26	Prospect Hill Academy Schools	641	35%	\$75,820

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Rank	Charter Schools	Enrollment	Average Breakfast Participation Across School(s)	Total Additional Federal Revenues If Reach 80% Breakfast Participation Across All Schools
27	SABIS® International Charter School	1,569	34%	\$187,497
28	Brooke Charter Schools	1,756	34%	\$216,939
29	Phoenix Charter Academy	200	34%	\$21,443
30	MATCH Charter Schools	1,235	33%	\$159,607
31	Hampden Charter School of Science	489	33%	\$63,578
32	Neighborhood House Charter School	558	31%	\$76,176
33	New Heights Charter School	418	29%	\$57,775
34	Excel Academy Charter Schools	1,129	28%	\$184,165
35	Lowell Collegiate Charter School	759	25%	\$104,120
36	Global Learning Charter School	508	24%	\$77,682
37	Boston Preparatory Charter School	463	23%	\$65,256
38	Lowell Middlesex Academy	92	11%	\$9,125
39	Atlantis Charter Middle School	439	4%	\$77,337

Note: This is the first year high poverty charters are ranked. Last year they were listed in the report appendix.

Vocational Technical High Schools have high enrollment but low breakfast participation

Limited time to eat before the start of the school day leads to high rates of skipping breakfast among high school students who may be the hungriest of school-age children.²¹ Table 3 ranks Massachusetts' high poverty Vocational Technical schools by breakfast participation.

Table 3 Rank Order of High Poverty Vocational Technical Schools by Breakfast Participation

Rank	District	Enrollment	Average Breakfast Participation	Total Additional Federal Revenues if Reach 80% Breakfast Participation
1	Southeastern Regional	1,434	57%	\$77,668
2	Greater Lawrence Regional	1,526	42%	\$186,018
3	Greater New Bedford Regional	2,143	26%	\$291,799
4	Greater Lowell Regional	2,271	25%	\$310,598

Note: This is the first year high poverty vocational technical schools are ranked. Last year they were listed in the report appendix.

Just 9 percent of all high poverty schools are found in “hidden need” districts

High poverty schools and the associated student need in very small and “mixed need” districts is hidden from most statewide audiences.²² These schools do not have the concentration of poverty or food insecurity rates that typically make headlines. By ranking these districts on the average participation of their high poverty schools (in several cases this is just one school’s breakfast participation) we aim to spotlight the pockets of need in our state that may otherwise go unnoticed.

Table 4 Rank Order of Average Participation of High Poverty Schools by Breakfast Participation

Rank	District (# Schools =>60% F/R): School Names	Enrollment	Average Breakfast Participation Across School(s)	Total Additional Federal Revenues If Reach 80% Breakfast Participation
1	Barnstable (1 school): Hyannis West Elementary	340	98%	\$0
2	Cambridge (1 school): High School Extension Program	33	93%	\$0
3	Erving (1 school): Erving Elementary	141	80%	\$0
4	Ralph C. Mahar Regional (1 school): Ralph C. Mahar Regional High School	657	73%	\$11,896
5	Amesbury (1 school): Amesbury Innovation High School	45	65%	\$1,770
6	Dudley Charlton (1 school): Southern Worcester County Collaborative	79	60%	\$5,643
7	Provincetown (1 school): Provincetown Schools	96	57%	\$5,766
8	Gateway Regional (1 school): Chester Elementary	124	57%	\$8,642
9	Bellingham (1 school): Keough Memorial Academy	35	46%	\$2,322
10	Dennis Yarmouth (2 schools): Nathaniel H. Wixon Regional and M.E. Small	759	42%	\$73,506
11	Ware (1 school): Koziol Elementary	414	41%	\$41,053
12	Westfield (4 schools): Abner Gibbs, Fort Meadow, Franklin Avenue, Highland	1,048	39%	\$126,006
13	Hawlemont Regional (1 school): Hawlemont Regional Elementary	167	38%	\$23,012
14	Plymouth (1 school): Hedge	152	37%	\$22,632
15	Waltham (1 school): Henry Whitmore	439	37%	\$64,149
16	Leominster (5 schools): Frances Drake, Johnny Appleseed, Northwest, Priest Street, Sky View	2,895	37%	\$320,599

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Rank	District (# Schools =>60% F/R): School Names	Enrollment	Average Breakfast Participation Across School(s)	Total Additional Federal Revenues If Reach 80% Breakfast Participation
17	Framingham (7 schools): Barbieri, Brophy, Cameron Middle, Framingham Thayer Campus, Fuller Middle, Mirian McCarthy, Woodrow Wilson	3,392	35%	\$393,590
18	Haverhill (8 schools): Bartlett, Consentino, Crowell, Dr. Paul Nettle, Golden Hill, Greenleaf, Halt, Tilton	2,890	33%	\$374,203
19	Marlborough (3 schools): Assabet Valley Collaborative, Marlborough Jr. High, Richer	1,993	32%	\$242,050
20	Gloucester (3 schools): Beeman Memorial, Gloucester Alternative High, Veterans Memorial	569	29%	\$73,636
21	Quabbin Regional (1 school): Hardwick Elementary	194	25%	\$25,304
22	Woburn (1 school): Shamrock	246	24%	\$33,947
23	Stoughton (1 school): West Elementary	346	22%	\$61,725
24	Lower Pioneer Valley (1 school): Lower Pioneer Valley Collaborative	455	18%	\$74,934
25	Quincy (8 schools): Francis Parker, Lincoln-Hancock, Montclair, North Quincy High, Point Webster Middle, Reay Sterling Middle, Snug Harbor, Wollaston	3,849	14%	\$686,989
26	Peabody (2 schools): Thomas Carroll, William E. Welch	1,001	13%	\$197,913
27	Winchendon (1 school): Murdock Academy for Success	29	12%	\$4865

Note: This is the first year high poverty schools in mixed need districts are ranked. Last year they were listed in the report appendix.

“ Making school breakfast available after the bell is foundational to our turn-around work in Holyoke. It was one of the first steps we took to improve learning outcomes for students.”

— DR. STEPHEN ZRIKE, RECEIVER/SUPERINTENDENT, HOLYOKE PUBLIC SCHOOLS

Putting It Into Practice

After the bell breakfast provides 10 - 15 minutes to eat, with varied delivery options

After the bell breakfast allows students a brief window of time to eat after the tardy bell rings. Students typically eat in their classrooms while completing an assignment as teachers take attendance and collect homework.



Breakfast in the Classroom (BIC) is the gold standard of after the bell models for increasing access and participation in school breakfast. How it works: Meals are delivered to the classroom in insulated hot/cold breakfast bags, students make a breakfast selection, and teachers record breakfast participation. Using this model, national participation averages 88% and reaches most students in schools operating the program.²³



Step 1 Breakfast is delivered to classroom



Step 2 Students work while they eat



Step 3 Students lead clean up efforts

Other breakfast approaches don't reach the 80% participation benchmark

Grab and Go How it works: Children make a breakfast selection from one of several carts/kiosks stationed in the hallway and/or cafeteria, and take the meal to eat in their classroom. Cafeteria staff record breakfast participation. Participation in Grab and Go programs averages just 63% nationally, which means a significant number of students still miss breakfast each day.

Second Chance Breakfast How it works: Schools offer two breakfast periods. The "first chance" is a traditional cafeteria offering before school starts, and the Second Chance allows students to access breakfast from one of several carts/kiosks stationed in the hallway and/or cafeteria after first period. Cafeteria staff record breakfast participation. Participation averages 70% nationally.

Grab and Go and Second Chance Breakfast delivery methods struggle to reach the benchmark 80% participation rate. In addition, schools operating Second Chance have higher than average labor costs because staff are required to serve breakfast twice.

Averaging 88% participation, **Breakfast in the Classroom** is the gold standard after the bell breakfast model.

New Bedford's leadership is making a big impact

Three years ago, New Bedford committed to expand after the bell BIC district-wide. The results of this work are a model for high poverty schools across the Commonwealth. Today, New Bedford Public Schools are:

- First in the state to achieve over 80 percent participation in breakfast across all district schools. This is nearly a 50 percent increase in just three years.
- Feeding 4,600 more students breakfast each school day.
- Seeing an increase from \$1.3 million to \$3.4 million in annual USDA breakfast reimbursements.

“ We know that children who are hungry cannot focus on learning. After the bell breakfast not only ensures higher breakfast participation, but begins the day positively and with a sense of classroom community. Administrators and teachers have made this program work through a team effort and a mindset of finding simple solutions while keeping the needs of kids in the forefront. Students in high needs districts come through our classroom doors with so many challenges. This program eliminates the morning hunger challenge and provides an even playing field for kids whose basic needs go unmet throughout the Commonwealth.

— DR. PIA DURKIN, SUPERINTENDENT,
NEW BEDFORD PUBLIC SCHOOLS



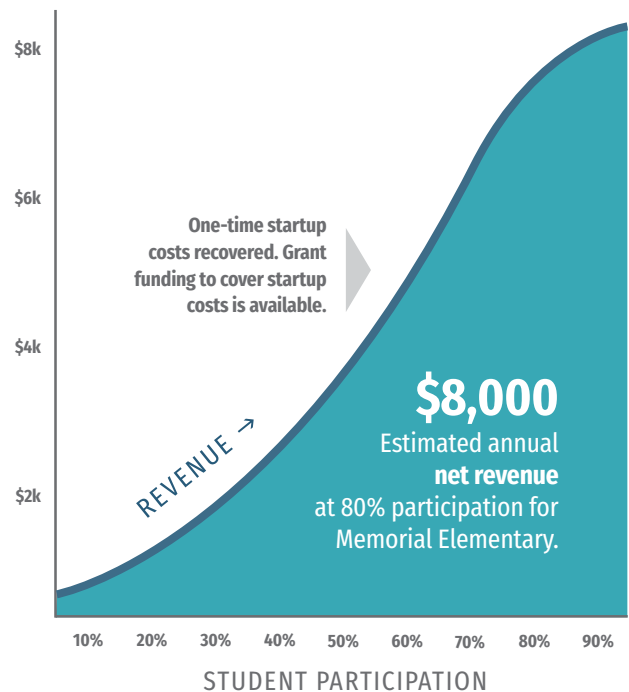
The Dollars and Sense of Breakfast After the Bell

There is a strong business case for after the bell breakfast

Not only does it improve health and student academic outcomes, but after the bell breakfast brings revenues into the district, supporting School Nutrition Director and District CFO efforts to improve school nutrition budgets. School nutrition programs are highly regulated and operate on thin margins because labor and food costs are high, and the reimbursement rate per school meal, which is also regulated, is low. After the bell breakfast offers a financial fix: it boosts participation, which increases the number of meals served and reimbursements from USDA.

If all high poverty schools in Massachusetts launched after the bell programs and reached 80 percent participation rates, collectively they would draw down nearly \$32 million in USDA reimbursements each year – money currently forfeited due to low breakfast participation.

Winchedon example: after the bell breakfast increases net revenue for nutrition department



Case Study: Winchedon

Memorial Elementary has a free and reduced meal eligible student population just below 60%. When breakfast was served before school, breakfast participation averaged 25%. At the beginning of school year 17/18, with an Eos start-up grant, Memorial launched an after the bell, breakfast in the classroom program. Within the first month of operation, participation jumped to 80%, reaching as high as 90% to date. Financially, the district's school breakfast net revenue is on track to increase from \$1,100 to nearly \$8,000 in one year.

Increased revenues:

- Contribute to improved child nutrition programming - such as increased locally sourced fruits and vegetables - across all schools in the district.
- Cover increased labor costs associated with serving more meals.
- Are slated to support costs to expand and improve after the bell breakfast programming across the district.

“ After the bell breakfast programs result in a healthy fiscal position for school nutrition departments – and many districts are not in a healthy fiscal position. After the bell BIC dramatically increases breakfast participation and draws down increased USDA reimbursements. This is the single biggest quick fix for nutrition departments and it makes business sense: those new reimbursement dollars cover the start-up and operating costs of the after the bell program.”

— DONNA LOMBARDI, DIRECTOR OF SCHOOL NUTRITION, WORCESTER PUBLIC SCHOOLS



School breakfast is healthier now than ever.

The 2010 Healthy, Hunger Free Kids Act significantly updated nutrition standards for meals served in schools. Today, breakfasts include whole grain cereals, yogurt, warm egg sandwiches, juice, milk, and fresh fruit. Increasing variety is available for after the bell programs including cafeteria baked muffins made with local, and school garden sourced ingredients.

Making School Breakfast Work In the Classroom

Fewer disruptions mean more learning time

School administrators and teachers frequently worry that breakfast after the bell will compromise valuable instruction time. However, teachers report they have gained instructional time due to fewer disruptions such as visits to the school nurse, tardiness, and absenteeism.²⁴ During classroom breakfast time, teachers take attendance, check in with students, and engage them in “chew and do” and housekeeping activities. In addition, teachers report that the quality of instruction improves when students eat breakfast because the children are more alert and ready to learn.

Eating together builds community, helps build trust and cooperation

Research shows that eating together helps build trust and cooperation.²⁵ This is echoed by teachers and school administrators across Massachusetts, who find eating breakfast together as a class to be a valuable morning social/emotional check-in with students that helps build community.

Food allergies are easily and safely managed

Managing food allergies in the classroom is no different than managing food allergies in the cafeteria. School nutrition staff work with school nurses and teachers to ensure allergies are identified and appropriate steps are taken, such as special labels on the meals for students with allergies.

“Initially I had concerns about having breakfast in my classroom and worried about the logistics and the mess. But I established a routine that students now follow and they eat and do their work quietly, clean up any messes, and the program runs itself. With after the bell breakfast I’m seeing better morning learning because students are more alert and focused.”



Pests are not an issue

Schools have not reported an increase in pests due to breakfast eaten in the classroom.

Organized effectively, routines keep classrooms clean

Teachers establish routines and cleaning protocols for eating breakfast in their classrooms. Students learn their roles and clean up after themselves. Custodians are also involved to identify school-specific clean-up protocols.

After the bell breakfast empowers students

Many schools give students a rotating “Breakfast Champion” role, which can include delivering breakfast coolers to the classroom, distributing placemats and meals, assisting with clean-up, and returning breakfast carts to the cafeteria. Children love the responsibility and teachers appreciate the extra help.

— CHRIS KENNEY, TEACHER, BARNSTABLE PUBLIC SCHOOLS



Resources

Funding and technical assistance to help launch after the bell breakfast is available from the following organizations.

- Eos Foundation — eosfoundation.org
- The New England Dairy & Food Council (NEDFC) — newenglanddairycouncil.org
- Fuel Up to Play 60 — newenglanddairycouncil.org/schools/fuel-up-to-play-60
- Massachusetts School Breakfast Challenge — maschoolbreakfast.org/Funding-Opportunities.php
- Child Nutrition and Outreach Program (CNOP) at Project Bread — meals4kids.org
- Massachusetts Department of Elementary & Secondary Education (DESE) — doe.mass.edu/cnp/nprograms
- School Nutrition Association (SNA) — schoolnutrition.info



Recommendations

The problem is simple and so is the solution: hunger impedes learning and achievement in our schools and transitioning to after the bell breakfast programs is a game-changer for children in high need schools. For a state that invests heavily in public health and education programs, expanding after the bell breakfast programming makes sense.

Stakeholders including superintendents, school nutrition directors, principals, teachers, parents, and advocates all have a role to play. By coordinating efforts, our Commonwealth can provide a better future for children in the state.

What can you do?

School leaders including: Superintendents, Principals, Teachers, Nurses, School Nutrition Directors, and School Committee members

Adopt after the bell programming.

- **Visit a school operating after the bell** breakfast and talk with your peers in that district about their experience.
- **Identify school-based teams** to develop an implementation plan in each high poverty school in your district.
- **Look into the available grant dollars** and technical support to launch your after the bell program.

Parents and Caregivers

- **Advocate for after the bell breakfast.**
- **Volunteer to help launch or operate** after the bell programs in your child's school.

Legislators

- **If you represent a low-income district**, ask your school leaders if they offer free after the bell breakfast at all schools, including high schools.
- **Five states and Washington, D.C. have already used legislation to boost school breakfast participation** and improve outcomes for kids: CO, IL, NM, NV, and WV. Contact Senator DiDomenico and Representative Vega to learn about after the bell breakfast in Massachusetts.

The problem is simple and so is the solution. Hunger impedes learning and achievement in our schools. Transitioning to after the bell breakfast programs is a game-changer for children in high need schools.

The Eos Foundation is a private philanthropic foundation committed to breaking the cycle of poverty by investing in children's futures. Eos is a longtime funder of anti-hunger organizations. Since 2013, the Foundation has been a proud funder of free, after the bell breakfast in the classroom (BIC) programming across Massachusetts. Eos provides start-up grants of up to \$10,000 to help schools launch after the bell BIC, and also celebrates school breakfast excellence with a \$500 grant to schools with 80% participation rates in breakfast at an annual Healthy Start Awards Ceremony event in Boston. For more information about the Eos Foundation please visit EosFoundation.org.



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