

COMMUNITY ELIGIBILITY PROVISION

ALTERNATIVE BREAKFAST MODELS

While the Community Eligibility Provision (CEP) eliminates many barriers to participation in the School Meal Programs, many children still lack access to the School Breakfast Program (SBP) due to late bus schedules and long cafeteria lines.

Research shows that implementing an **alternative breakfast model** is the most effective way to overcome these barriers and boost participation. Expanding access to school breakfast is not only a win for students – it's also a win for school nutrition departments, which benefit from the additional Federal meal reimbursements that come with an increase in breakfast participation.

Education officials may consider the following options when implementing an alternative breakfast model in their school.

Option 1: Grab & Go Breakfast

At schools using the Grab & Go model, students pick up their breakfast in the cafeteria, at hallway kiosks, or in other common areas throughout the school building, and then eat their meal during the first 10 to 15 minutes of class. The meals are prepared by food service staff and pre-packed in containers that students can easily carry. School staff members record the number of meals served using the point-of-sale system in the cafeteria, or using a wireless or other counting system if the meals are distributed elsewhere. Students help clean up after consuming the meal in the classroom, and trash is later removed by school custodial staff.

Option 2: Breakfast in the Classroom

Breakfast in the Classroom allows students to enjoy a breakfast meal during the first 10 to 15 minutes of the school day. Food service staff or volunteers distribute meals prepared in the cafeteria to students at the start of their first class period. Teachers record the number of meals served after distribution. Students help clean up after the meal, and trash is later removed by school custodial staff. Schools using this model can integrate breakfast into lesson plans, or use the mealtime as an opportunity to teach children about nutrition.



Option 3: Breakfast on the Bus

With Breakfast on the Bus, students consume breakfast during their morning commute. Meals are prepared by food service staff before the driver begins their route, and handed to children as they board the bus. The bus driver, or another volunteer, counts the meals served as children board. Students may dispose of trash on the bus or as they exit. Breakfast on the Bus works best for students who spend over 15 minutes commuting to school and at schools where class schedules are not able to accommodate another alternative meal service.

[MORE](#)

Option 4: Second Chance Breakfast

This model allows students who are not hungry first thing in the morning, or who arrive too late for breakfast in the cafeteria a second breakfast opportunity. Similar to the Grab & Go model, students pick up a portable, pre-packaged meal, which may be eaten during a morning break or taken to class. Food service staff record the number of meals served using the point-of-service system in the school cafeteria. Schools using this model should ensure there are adequate trash cans in the hallways, as students may consume their meal on the way to class.



USDA Resources

Assessing School Breakfast Potential

Provides tips on creating an expansion team and developing an action plan to increase SBP participation.

<http://www.fns.usda.gov/sbp/assessing-school-breakfast-potential>

Launch Your Day With Breakfast!

Offers ideas schools can use to increase awareness of the SBP among students, families, and community members.

http://www.fns.usda.gov/sites/default/files/TNevents_launch.pdf

Team Nutrition Popular Events Idea Booklet

Includes tips for schools and teachers interested in promoting nutrition and physical activity in the classroom.

<http://www.fns.usda.gov/team-nutrition-popular-events-idea-booklet>

Energize Your Day! Eat School Breakfast

Provides a summary of the traditional breakfast model and three alternative models.

http://www.fns.usda.gov/sites/default/files/toolkit_waytoserve.pdf

Partner Organization Resources

Choosing the Right Alternative Breakfast Model

Includes tips on how to implement each alternative breakfast model successfully.

http://frac.org/pdf/how_it_works_bic_fact_sheet.pdf

Expanding School Breakfast Participation

Includes links to SBP webinars, fact sheets about each alternative model, and FAQs about the SBP.

<http://frac.org/federal-foodnutrition-programs/school-breakfast-program/breakfast-in-the-classroom/>

Increasing School Breakfast Participation

Describes the alternative breakfast models and what to expect when implementing each.

<https://bestpractices.nokidhungry.org/school-breakfast/increasing-school-breakfast-participation>

Fuel Up First With Breakfast

Provides tips for increasing breakfast participation, including an overview of alternative models and “breakfast success” stories from the State of Washington.

https://bestpractices.nokidhungry.org/sites/default/files/resources/WA%20BreakfastChallenge_web.pdf