

BREAKFAST AFTER THE BELL



Case Study

2015 NATOMAS UNIFIED SCHOOL DISTRICT (NUSD): Vince Caguin, *Director of Nutrition Services & Warehousing*



DISTRICT DEMOGRAPHICS

13 K-12 Traditional Public Schools¹
8 K-6 elementary schools
1 6-8 middle school
2 high schools
1 continuation high school
6,571 Students Eligible for Free or Reduced-Price School Meals²
11,156 Students Enrolled³

BREAKFAST MODELS



Before Breakfast After the Bell (BAB) service models: NUSD schools served traditional breakfast in the school cafeteria before the first bell.

2013: Leroy Greene Academy Middle School began 2nd Chance Breakfast. During an extended passing period between 1st and 2nd periods, students can get 2nd Chance Grab n' Go breakfast in the cafeteria.

2014: Natomas Gateway Middle School began piloting Breakfast in the Classroom.

IMPLEMENTATION

Strategy

NUSD chose to pilot BAB at select locations, aiming for a gradual roll out to more schools. The teachers and principal at Leroy Greene Academy wanted meals that could be eaten "on the go" so students could eat while walking during the extended passing period.

Hurdles

There were initial challenges to expanding to Breakfast in the Classroom at Natomas Gateway Middle School. The principal favored immediate implementation. Not all teachers were initially in support. Some teachers asserted that serving food should not be their responsibility.

Solutions

- + Allowing schools and teachers flexibility in choosing a BAB model was key to getting buy-in from stakeholder groups.
- + Natomas Gateway Middle School partnered with students in the high school's Independent Living Program to deliver breakfast for the middle school. This model reduced the burdens on the food service department and teachers while providing course credit and job skills for high school students.
- + Administrators believe that having other students serve breakfast increases participation.

"The reaction from the larger community is positive. People are asking, why can't our school do this too?" –Vince Caguin

FOOD QUALITY

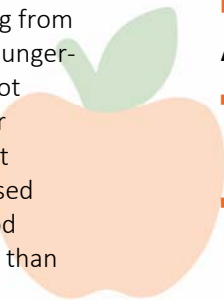
The requirement for serving more fruit (a federal rule resulting from the 2010 Healthy, Hunger-Free Kids Act) has not been a challenge for NUSD. The breakfast program has increased fruit uptake and food waste has been less than anticipated.

NUSD is incorporating more scratch cooking and moving away from processed foods.

BEHAVIORAL AND ACADEMIC IMPACTS

After BAB implementation

- ➔ Teachers have reported improved attentiveness in class and fewer trips to the school nurse.
- ➔ Increased attentiveness and fewer trips to the school nurse mean fewer disruptions in class and more time spent by all students in the classroom productively focused on learning.





Program Finances

BAB start-up costs were minimal to zero for Leroy Greene and Natomas Gateway Middle Schools. The BAB program at the two participating schools is financially sustainable.

- At Natomas Gateway Middle School, the partnership with the High School Independent Living Program helped maintain staffing costs for meal delivery.
- Increased participation has increased program revenue (meal reimbursements), which will be used to expand the BAB program to additional schools and further improve the quality and appeal of the breakfast items offered.
- The district already had, but was not using, the insulated bags required to transport meals. With increased revenue, they are now considering switching from insulated bags to Cambro containers to increase service capacity.

“Involving the students in the development and implementation has helped increase participation in the breakfast program.”

–Vince Caguin

PROGRAM PARTICIPATION

Before BAB implementation

15-20% of students at Leroy Greene Middle School participated in breakfast.

After BAB implementation

- ➔ Leroy Greene Middle School 2nd Chance Breakfast serves 40% of enrolled students.
- ➔ Natomas Gateway Middle School Classroom Breakfast serves 50% of enrolled students.

PERCEPTIONS OF IMPACT

- Principals at Leroy Greene and Natomas Gateway Middle Schools care about school meal participation and student nutrition, and want to see the BAB program succeed.
- Teachers at both participating schools are supportive. The teachers at Natomas Gateway have been especially enthusiastic since the High School students started assisting with pickup and delivery.
- Students say they like the convenience and quality of BAB.
- Parents have been very positive since the announcement about the roll out of BAB at Natomas Gateway was made during a School Board meeting in 2013.
- Support among custodial staff has increased greatly since the program's inception in 2013.

NOTES & REFERENCES

CFPA thanks Vince Caguin for his time and insights into the school breakfast programs at Natomas Unified School District.

¹Traditional, non-charter K-12 schools that were active in the 2014-15 school year. This excludes sites such as continuation schools, virtual schools, and independent study schools. Source: California Department of Education (CDE) School Directory at <http://www.cde.ca.gov/re/sd/>

²⁻³Students certified as eligible for free and reduced-price meals in traditional, non-charter K-12 schools during the 2014-15 school year. Source: CFPA analysis of the FRPM student poverty data file available from CDE at <http://www.cde.ca.gov/ds/sd/sd/files/sp.asp>