



Breakfast After First Period Worksheet

Breakfast is served following the first instructional period or during a dedicated nutrition break. This service delivery method is ideal for students who skipped breakfast at home and may be hungry later in the morning. Providing a mid-morning breakfast gives students a healthy, balanced meal and can take the place of snacks and beverages brought to school.

Who:	Meet with key decision makers at your school to initiate the program. Obtain approval and support from administrator, principal, teachers and food service staff. Staff at each school receives training for set-up and implementation.
What:	A balanced breakfast intended to make up for a meal that was missed or inadequate earlier in the day, and to discourage consumption of unhealthy snacks.
When:	Between the first and second class period.
Where:	Use mobile carts or tables in centrally located, convenient areas.
Why:	Provides a nutritious meal with speedy and convenient service, at a time that is attractive to students.
How:	Provides a nutrition break to students as they move through the hall to their next class. The pre-packaged items need to be hand-held and easy to eat. Can be served in the cafeteria or from Grab 'n Go locations.

Circle YES/NO after each of the following statements to determine if breakfast after first period will work for your school.

1.	Class scheduling is sufficiently flexible to accommodate a breakfast break.	YES	NO
2.	Students report to school at an early hour, or schedules were recently changed to become earlier.	YES	NO
3.	Some sort of morning break is already built into the class schedule.	YES	NO
4.	Students tend to bring snacks and beverages to class in the mornings.	YES	NO
5.	Your administration and academic staff are usually open to new ideas, or prioritize the quality of the school nutrition environment.	YES	NO
6.	Congestion in cafeteria dining room needs to be reduced, or facilities are not available in the morning.	YES	NO
7.	There are one or more centrally located, high traffic areas in the building where breakfast could be distributed.	YES	NO
8.	Teachers realize the importance eating breakfast has to the learning process and are open to idea of meals being brought into class.	YES	NO
9.	Students regularly report that they are hungry mid-morning, or that they skipped breakfast.	YES	NO