

Assessing Barriers to Establishing or Expanding School Breakfast

Use this sheet to examine barriers to your current or proposed School Breakfast Program. The following chart can serve as a starting point for identifying barriers, discussing solutions, and determining which stakeholders you may need to consult in order to overcome any obstacles. It may be useful to complete a chart for each specific building in the district as barriers may differ in high schools, elementary schools, etc. Also, please consider additional barriers and strengths specific to your community which might not be listed here.

Using a 5- point scale, assess the strength of each possible barrier from (1) to (5) where (1) indicates that the issue is: **Not a barrier in my school** and (5) indicates that it is: **A very strong barrier in my school**.

Barriers that affect SBP participation	Strength: 1 to 5	Stakeholders to consult/ Ideas to overcome barrier
Administrative Support		
Insufficient time allowed for eating breakfast, either before school or in class. Or, insufficient time between breakfast and lunch service.		
Tight bus schedules limit time to eat breakfast when students arrive.		
Lack of personnel and/or funding for security to supervise students during breakfast.		
Lack of administrative support for implementing alternative breakfast methods. Is school breakfast offered only during exam week?		
Custodial issues, such as arrangements for trash removal if students eat in classrooms.		
Nutrition Environment		
The cafeteria is not viewed as a welcoming place for students to eat.		
Students prefer to socialize with friends outside the school building before school starts.		
Stigma felt by students, especially when breakfast is offered only in the cafeteria.		
Nutrition Quality for School Meals		
The school sells other foods and beverages that compete with the School Breakfast Program.		
Breakfast offers limited, less healthy choices.		