Welcome to the Crash Course with CANs webinar on Breakfast in the classroom.

We hope this training increases your knowledge of Breakfast in the classroom and gives you resources to start BIC in your own school!
Today we will be discussing the benefits of Breakfast in the classroom (BIC), some frequently asked questions, and how you can implement your own BIC program. We also have Krista Leischner here to tell us how Rapid City School District has successfully implemented Breakfast in the Classroom.

We want our time together to be interactive! Please be sure to ask questions at any time either by un-muting or putting questions in the chat box. Mikayla will be helping us today by monitoring the chat.
Research shows that children who eat breakfast at school have improved classroom performance, better test scores, and increased concentration. Children who eat breakfast also have better attendance and less disciplinary problems, are late to school less often and spend less time visiting the school nurse.

While schools have offered breakfast in the cafeteria for decades, student participation remains low due to several barriers, including lack of time to eat breakfast, late bus schedules, and stigma that the program is for “poor kids.” Children may also feel more comfortable eating in a familiar setting. Cafeterias can be overwhelming especially for youngers students. Students may not feel hungry when they get to school because playing on the playground looks like so much more fun. Then when school starts, they are hungry, and it is too late. By moving breakfast to the classroom, it removes barriers and allows more students to participate and to get the academic and health benefits associated with breakfast.
Let's look at a few frequently asked questions.
How much time does BIC take out of the school day?

10-15 Minutes From Start To Finish
Takes Place During The Morning Routine
Can Incorporate Instruction Time

The most common concern from educators is how much time will BIC take away from my day? The answer is not much! After you get a routine established, breakfast in the classroom generally takes about 15 minutes for children to eat. Breakfast in the classroom is often done during morning activities, such as announcements, turning in homework, or individual reading time. So instructional time is not lost. In fact, BIC can increase students’ productivity and ability to focus, so less time is spent later in the morning on behavior issues or illness caused by hunger.

Teachers can also choose to incorporate classroom instruction into breakfast time. Some ideas include oral language exercises, chalkboard math problems, reading out loud, or lessons about hand hygiene, healthy eating, and table manners. Check out the National Education Association Foundation’s School Breakfast Toolkit, for student activity ideas and a list of favorite books to read over breakfast.
Will BIC create extra work for staff?

No need to hire more staff

Teachers would take a meal count

• Training on OVS if applicable
• Food handling certification not necessary

A common myth is that teachers and food service personnel will have to work extra hours to implement BIC. Many schools have successfully implemented BIC without hiring more staff. The only extra requirement for teachers or paraeducators is to complete a daily meal count. Teachers would need to learn what a reimbursable meal looks like, especially if OVS is being used at breakfast, but the count itself can be completed quickly. Teachers are not expected to handle the food served during breakfast and will not need a food handling certificate to participate.
Will BIC make the classrooms dirty? And the answer is NO it should not. The important thing is to visit with your school team and choose a plan that works best for everyone. You may want to choose a self-service model where students pick up items from a cooler bag, or you may want a student helper or a paraprofessional to hand items out. Using grab n’ go service makes it easy to pass out breakfast and helps avoid more touch points as part of food safety.

Setting up a consistent routine is one of the most important parts of a successful BIC program. If students are provided with structure for how the food is served, consumed and then cleaned up, BIC will not contribute to a dirty classroom any more than any other activity. It’s important for classrooms to be equipped with paper towels or wipes so kids can clean desks before and after breakfast. Large trash cans or rolling trash cans can help with easy disposal of breakfast. This is also a great time to teach some table manners and social skills.

Clear and consistent communication between food service staff, teachers and custodians is really the key to success. Make sure to have conversations with teachers and custodians and try to plan meals that are easy to serve and clean up. This is especially important in the beginning when students don’t know the routine yet.
What about food allergies?

Food Allergy Management and Prevention Plan

- Address daily management of food allergies
- Emergency response
- Bullying
- Education

Consider food allergies when building your BIC plan!

You probably already have a Food Allergy Management and Prevention Plan in your school. The plan addresses the daily management of food allergies, your emergency response plan and how you will handle bullying or discrimination against students with allergies. The plan should also include education for staff, students, and parents regarding food allergies.

As you build your BIC program, carefully consider food allergies that you have in your school and work closely with families to determine the best course of action. Some schools choose to eliminate certain food allergens from their breakfast menus.
Will BIC really increase Participation?

- YES!!
- BIC is associated with the highest school breakfast participation rates
- Allows students to have breakfast when their normal schedule may not allow it
  - Late busses
  - Students may not feel hungry
  - Students may choose to talk/play with friends
  - Removes stigma

Breakfast in the classroom is associated with the highest school breakfast participation rates, because it allows students easy access to breakfast. Life is busy. Schedules are not always predictable. BIC removes stigma and gives all students equal access to the morning nutrition that they need to get a good start to the day!
Implementation
Here are the 6 steps for implementation that we will be discussing in the upcoming slides.

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<th>Steps For Implementation</th>
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<td>1. Involve all affected employees</td>
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<td>2. Distribute materials</td>
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<td>3. Arrange for trainings</td>
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<td>4. Plan ahead</td>
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<td>5. Encourage routines</td>
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<td>6. Market</td>
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Number one get everyone involved in your plans for implementing BIC. No one wants to be “Surprised” by something new. People generally don’t love change, so it is important to have the conversation right away about your ideas and plans. Not only do you want them to know about it, but you want to be considerate of their feelings and issues that may be important to them in relation to starting a BIC program. Here is a list of the usual people within a school or agency that BIC will affect.

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<th>Involve All Affected Employees</th>
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<tr>
<td>Teachers</td>
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<td>Paraprofessionals</td>
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<td>Food service staff</td>
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<td>Custodial Staff</td>
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<td>Administration</td>
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Getting educational materials to your staff and parents is another important part of implementing Breakfast In the Classroom. Materials that demonstrate the academic, behavioral and health benefits of BIC are very important in getting them to buy into your program. It’s also important to include parents and caregivers in this aspect of the program development. Include them as an audience for informational materials and consider inviting them to participate when you are developing your plans to implement BIC. Parents and families can be great advocates as you begin the process of BIC.
All staff will need to be trained in the classroom logistics and implementation of BIC. The method of obtaining accurate numbers of participating students at the point of service will need to be determined before BIC is implemented. The process should yield accurate data and be convenient. Staff training will be necessary to ensure that each student is counted and recorded properly. This information is provided to school foodservice staff to ensure that the meal numbers and categories are accurate for reimbursement purposes. Consult with your administrators to ensure that breakfast time counts as instructional time. There are many ways to sneak instruction into breakfast in the classroom.
Plan Ahead

- Work with your custodians
- Prevent pests
- Gather trash
- Provide classrooms cleaning supplies.

You will want to plan ahead to prevent pests and other unnecessary messes. Work with your custodial staff to develop a plan for gathering the trash and ensuring that your classroom breakfast model follows the school's pest management plan. The primary concern among teachers is that BIC will lead to increased mess in the classroom. Addressing this issue needs to be a priority in your plan and during your operation. Successful BIC programs have developed a variety of preparation and cleanup systems. It is important to involve the custodial staff in the BIC planning process. Obtaining their support will result in a more successful program and they can provide helpful insight. They may have ideas on how to deal with issues such as how to efficiently have children wash their hands and effectively clean their desks before and after breakfast, what to do with the food that has not been eaten, and garbage pick-up.
Plan Ahead: Setting Up The Classroom

The school foodservice department should provide classrooms with necessary items for BIC. These may include:
- Sanitary wipes
- Paper towels
- Spray bottle of water/cleaner
- Garbage cans
- Garbage can liners
- Disposable wiping cloths
- Disinfectant spray
- Buckets (for leftover milk)

Encourage the philosophy that you are teaching students to be socially responsible when you teach them about cleanup. You will want to make sure that your classrooms are set up with everything that they need to ensure that breakfast runs smoothly. Here is a list of items that you may want to have handy in each classroom.
Plan Ahead: 10 Breakfast Planning Tips!

1. Make a list of breakfast entrees that will work with the BIC service option selected and that meet the USDA meal requirements.

2. Offer easy-to-transport items ideal for BIC.

3. Determine how you will maintain the menu items at a safe temperature and serve food in a sanitary manner.

4. Collect sample menus from other schools.

5. Prepare a cycle menu.

Menu planning is an important step in a successful school nutrition program. The menus will affect participation, food costs, and preparation time. You will also want to offer easy to transport items and have a plan for maintaining temperature in a safe and sanitary manner. Another great idea is reaching out to other schools and asking to look at their menus. Also consider preparing a cycle menu to help ease the burden of planning.
Plan Ahead: 10 Breakfast Planning Tips!

6. Offer whole grain-rich cold cereals and a variety of hot and cold breakfast items.

7. Seek input on the proposed menu from school staff, students, and teachers.

8. Publish and promote the menu.

9. Evaluate the menu and change it to avoid menu fatigue.

10. Serve fresh fruits that are easy for students to peel.

A hot breakfast is possible with BIC, and it is a great way to bring new foods into the menu. In addition, hot items may appeal to more students and contribute to the support for and participation in the program. One strategy is to start with one hot breakfast offering per week and when documentation on cost, feasibility, and appeal has been collected, hot breakfast may be offered more frequently. To maintain support from school staff and parents, it is important that they be informed of changes to the breakfast menu. Vary the menu and search for recipes as well as prepackaged foods that are supported by parents as healthier in nature and still meet the nutrition requirements for the program. Use descriptive words (such as whole grain-rich, fresh, or homemade) on menus so that parents are better informed of the choices offered. You can evaluate how BIC is going by using your participation data, surveying your students and families and having student taste test. Serve fresh fruits that are easy to peel and eat. If it is a more challenging fruit, such as oranges, you may want to slice it and cup it for BIC.
Per federal regulations, meal counts must be taken at the time meals are served. Accurate counting when the students receive their breakfast is very important, so schools receive appropriate reimbursement for the meals served. Many teachers take their morning attendance while they are taking POS counts. The responsibility for taking the counts should not be given to students.

Beyond meal counting, like we mentioned previously you should be encouraging the philosophy that you are teaching students to be socially responsible when you teach them about cleanup. You are teaching them to be respectful people that take responsibility for themselves. When breakfast is over, students can properly dispose of their own trash and move garbage cans outside of the classroom for custodial or other staff to empty.

Appoint classroom monitors to assess the cleanup and assure all scraps from the meal are properly disposed of following the meal.
Promote your program to the media

Post your menus

Consider serving breakfast items for lunch

Offer BIC at no charge the first day or the first week possible.

Marketing BIC is essential to the program. Promote the program by using a variety of communication strategies such as: sending a flyer or letter home in students’ backpacks, put an article in the paper or school newsletter, post on the school’s website and/or social media, Send out a form email to parents explaining the program. You may also want to consider serving breakfast items at lunch to introduce them or if you are able serve BIC at no charge on the first day or the first week. Another great time to give Breakfast in the Classroom a try is National School Breakfast week - March 8-12, 2021. Schools can access resources on the SNA website.
Special Guest!

- Krista Leischner MS, RD, LN
- Student Nutrition Manager, Rapid City Area Schools
- 4th year with RCAS
- Registered Dietitian
- BIC since 2011
Packing - The Day Before

- DRY ITEMS IN TOTES
Delivery – The Day Before

- DRY ITEMS
Packing – The Morning Of

- REFRIGERATED ITEMS IN MILK COOLERS
Delivery – The Morning Of
Delivery – the morning of REFRIGERATED ITEMS.
Happy Kiddos
Picking Up – Mid Morning
Logan-Hocking School District: Getting Buy-in from Everyone

- https://www.youtube.com/watch?v=-xoKC4B3POY&feature=emb_title
Questions?
Please be sure to take the time to fill out the survey which is located at this link. It is important to voice your opinions, so we know how to better serve you. Our goal is to provide the training that you want and need.
Contact us!

Email: doe.schoollunch@state.sd.us

Phone: 605-773-3413
Breakfast in the Classroom training in Child Nutrition

This training credits for 30 minutes of training in
Key Area 1 – Nutrition, 1220 Classroom and Cafeteria Integration
Professional Standards Training Credit

Print Name:
Date of Training:

Thank you for attending this training! This slide is the certificate of training completion, it credits 30 minutes of training in Key Area 3 – Administration.
Resources:

- https://breakfastintheclassroom.org/implementation/
- https://www.youtube.com/watch?v=-xoKC4B3P0Y&feature=emb_title
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