

# Ready-To-Use Resources

## Implement Alternative Breakfast Models

[Second Harvest Heartland website](#)

Access resources to support alternative breakfast model implementation, including troubleshooting, stakeholder engagement and technical assistance.

## Overview of Program Models

[Innovative Breakfast Delivery Options](#)

Increase breakfast participation by making breakfast part of the school day. Breakfast in the Classroom, Grab and Go, and Second Chance Breakfast are all successful models to boost student participation in the program.

## Address Concerns

[Breakfast in the Classroom Myths](#)

Shed light on the most common myths that persist about offering Breakfast in the Classroom, including that it takes away from instructional time and that it causes messes in the classroom.

## School Breakfast Research

[No Kid Hungry Center for Best Practices](#)

Children who eat a good breakfast tend to perform better in school, have better attendance and exhibit fewer behavior problems. This link leads to research evidence on the need for school breakfast and its benefits.

The following media clips can serve as inspiration for your own breakfast programs, they can be sent to stakeholders and decision makers who may be on the fence about implementing alternative breakfast programs at your school, and they can also be shared on social media to amplify the message that **breakfast is critical to school performance and student development.**

**READ:** [Breakfast After the Bell will Serve Up Student Success](#)

### Breakfast After the Bell will serve up student success

By Allison O'Toole | 04/01/2019



Breakfast is the most important meal of the day, especially for kids who need it to grow healthy brains and bodies. Research shows that kids who eat breakfast have higher nutrient intakes than children who do not eat breakfast, are less likely to become overweight, and have improved test scores, grades, and school attendance.

The traditional school breakfast program, which serves breakfast before the start of the school day, is a good first step toward addressing hunger, but participation is limited, and so is the impact. In Minnesota, nearly half of children eligible for free or reduced-price school meals aren't getting breakfast at school. Many students simply do not arrive in time to get to the cafeteria before classes begin. Others are afraid of being singled-out as the "poor kids."



Allison O'Toole

**WATCH:** ['Providing As Much As We Can': Select Schools Offer Free Breakfast, Lunch This Summer](#)



**READ:** [Grant Helps Provide 'Super' Start to School Day](#)

### Grant helps provide 'Super' start to school day

It's a well-known fact that breakfast is the most important meal of the day and now, thanks to a \$30,000 grant, elementary students in Alexandria School District 206 won't miss out. 'Breakfast Before the Bell' takes place in Garfield, Milona and...

Written By: Celeste Edenioff | May 31st 2017 - 12pm.

