

## EXPANDING BREAKFAST DELIVERS RESULTS ST. LUCIE ELEMENTARY SERVES UP SUCCESS!



<b>DISTRICT:</b>	St. Lucie County Public Schools, Port St. Lucie, Fla.
<b>SCHOOL NUTRITION PROFESSIONAL:</b>	Cheryl Fredricks, Food Service Manager
<b>FREE/REDUCED RATE:</b>	56%
<b>ENROLLMENT:</b>	40,342 (district) 820 (School)
<b>NUMBER OF SCHOOLS:</b>	47
<b>NUMBER OF EXPANDING BREAKFAST SCHOOLS:</b>	1
<b>IMPLEMENTED EXPANDING BREAKFAST:</b>	2006
<b>ALTERNATE BREAKFAST SERVICE:</b>	Grab 'n' Go Breakfast

### ★ BACKGROUND

St. Lucie Elementary offers a unique breakfast program where students "Grab 'n' Go." This breakfast-serving style provides participants with a bag in the cafeteria and allows them to "grab" simple breakfast items such as milk, juice, fruit, cereal and toast that they can easily "go" with to their classroom. The Grab 'n' Go Breakfast program ensures that students are in their prospective classroom on time and with a nutritious meal.

### ★ IMPLEMENTATION

The school nutrition department at St. Lucie Elementary was facing serious challenges to their breakfast program participation at the start of the 2006-2007 school year, prompting them to try a few new things. With strong urging and the support of the school's administration, Grab 'n' Go Breakfast was implemented. After some trial and error, the new breakfast system was implemented.

Students move through the breakfast line with a clear zip lock bag choosing the breakfast foods of their choice. Clear bags allow more students to move through the line quicker because staff does not have to open the bags to check for reimbursable meal components. Students then go to their classroom with their bags to eat their healthy breakfast.

### ★ IMPACT

At the start of the 2006-07 school year, breakfast participation at St. Lucie was averaging 272 out of 804 (34%). Now, participation is averaging 411 out of 826 (50%).

Since adopting this program, St. Lucie Elementary improved their overall school rating from an average "C" rating to an above average "B" rating.

It provides school staff the peace of mind that students are ready to learn and able to stay focused each day.