

EXPANDING BREAKFAST DELIVERS RESULTS RICHFIELD SPRINGS' CSD BREAKFAST PARTICIPATION INCREASED 300%!



DISTRICT:	Richfield Springs Central School District, Richfield Springs, N.Y.
SCHOOL NUTRITION PROFESSIONAL:	Lisa Fassett, Food Service Manager
FREE/REDUCED RATE:	43%
ENROLLMENT:	630
NUMBER OF SCHOOLS:	1 building district
NUMBER OF EXPANDING BREAKFAST SCHOOLS:	1
IMPLEMENTED EXPANDING BREAKFAST:	2003
ALTERNATE BREAKFAST SERVICE:	Breakfast in the Classroom; Grab 'n' Go Breakfast

★ BACKGROUND

Richfield Springs Central School District (CSD) was awarded a grant from The Nutrition Consortium in the 2003-2004 school year, for the implementation of universal breakfast to all students. American Dairy Association and Dairy Council worked with the Nutrition Consortium to promote Breakfast in the Classroom and provided cooler bags to the district. The School Meals program has continued to offer free breakfast to all students and in September 2007 the district was awarded the 2nd place Expanding Breakfast Award from the American Dairy Association and Dairy Council. The award money was used to purchase training material for school nutrition staff and refrigerated equipment for the Grab 'n' Go site.

★ IMPLEMENTATION

Students in Kindergarten through 2nd grade go to their classrooms where breakfast is delivered. Students in 3rd through 6th grade pick up their breakfasts from a cart in the hall and take their breakfast to their classrooms to eat. Students in 7th through 12th grade Grab 'n' Go their breakfast through the cafeteria line and are allowed to eat in the cafeteria, hallway and outside. The district continues to promote breakfast by promoting it with posters, trying new recipes/items and sponsoring contests. Lisa Fassett, food service manager, meets with students on a quarterly basis to determine what breakfast items they enjoy and what changes they would like to see.

★ IMPACT

Participation in the program has gone from feeding 90-125 students a day to feeding over 325 students a day. The school administration sees a happier student body, with fewer trips to the nurse's office. The community loves it and is intrigued with how the school can afford to serve all students free. It takes a lot of careful planning and school district involvement. Breakfast has become an important part of the school day.