

CLASSROOM BREAKFAST VANQUISHES MORNING HUNGER PANGS



Teachers, at Skyline and Harrison elementary schools, in Canón City, Colorado, aren't hearing any more 9:30 a.m. complaints of hurting tummies.

They believe this is because more kids are eating breakfast. The schools had offered before-school breakfasts in the cafeteria, but only 12 percent of the student body came early to eat. Last fall, Paula Buser, nutrition services director, began delivering breakfast to classrooms, and 85 percent are partaking.

"Kids love it," says Mike Near, second grade teacher, one of the teachers noting fewer complaints of hunger and tummy aches. First grade teacher, Mrs. Gunkel, who "just loves the breakfast," finds she has to mark fewer students tardy.

Along with better nutrition, teachers like the social skills that develop as kids and teachers eat together. "It helps develop politeness and good manners," said Mrs. Gunkel.



Skyline elementary foodservice staff after classroom breakfast service, Left to Right-Janet Wahlborg, Jo Smith, Becky Schiola, and Nutrition Services Director, Paula Buser.

Principal Mike Collins, of Skyline, says, "The end result is that we now have kids that are well fed and ready to learn. Kids are more focused and less disruptive." Parents have also been supportive and enthusiastic.

Buser used grants from Western Dairy Council to buy carts, plastic bins and the additional coolers needed to handle the jump from 1,000 to nearly 11,000 breakfasts a month in the two schools

Want to Grow Your Breakfast Participation?

A key way is through alternative breakfast service. Participation soars when breakfast is offered via Breakfast in the Classroom, Grab 'n' Go, or Breakfast After 1st Period. Fortunately, there's a comprehensive Expanding Breakfast kit which takes you through the process of evaluating your operation to determine which alternative program would work for you. The Expanding Breakfast kit is available through www.asfsa.org.



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