Expanding Breakfast

2009 Awards

Expanding Breakfast Awards are available through the Idaho Dairy Council. $2000 awards will be given to each of five schools with grant applications that best meet the criteria for implementing alternative breakfast serving methods or enhancing current alternative breakfast serving methods. To apply for an award, please complete the attached application and include a copy of your current breakfast menu.

The benefits children receive from eating a nutritious breakfast are numerous and well documented. Eating breakfast yields better student test scores, increases concentration and attendance, decreases disciplinary problems and more. Many schools recognize this opportunity and offer breakfast in the cafeteria. But there's an even better way to bring breakfast to children – using alternate breakfast service methods. Offering breakfast in the classroom or outside of the cafeteria increases participation by providing service for children who arrive late or who prefer to socialize rather than eat. It also helps to remove the potential social stigma that breakfast programs are meant for low-income students.

Expanding Breakfast/Alternative Serving Methods

Breakfast in the Classroom – Students eat breakfast in their classroom either at the beginning of the school day or early during the day. Often breakfast is brought to classrooms from the cafeteria by students, or served from carts in the hallways by food service staff.

"Grab and Go" – All the components of school breakfast are conveniently packaged so students can easily grab a reimbursable meal quickly, either from the cafeteria line or from carts elsewhere on school grounds. Students can eat in the cafeteria, the classroom or elsewhere on school grounds

Breakfast after First Period, Delayed or "Second Chance Breakfast" – Usually implemented in middle and high schools, students are allowed time after their first period to obtain breakfast, either in the cafeteria or from carts in the hallway, to then eat in the classroom or cafeteria. Computerized systems insure that children receive only one breakfast each day.

Breakfast on the Bus – Students receive a reimbursable meal while riding the bus to school. This is especially useful in school districts that have consolidated and students have a long commute.

Applications must be received by October 1, 2009

Mail to: **Idaho Dairy Council**
10221 West Emerald, Suite 180
Boise, ID 83704
Or fax to: **208-327-7054**

Awards will be announced November 3, 2009

Provided through Idaho Dairy Council

Application Form

Name of School: _____

Name of School District: _____

Free/Reduced % for school: Free_____ Reduced_____

Enrollment for school: _____ _____

Name of applicant: _____

Title of applicant: _____

Telephone number of applicant: (_____)_____

FAX number of applicant: (_____)_____

E-mail address of applicant: _____

Mailing address of applicant: _____

City: _____State: _____Zip Code: _____

Expanding Breakfast

1. **Which breakfast service options are currently available in your school? (Check all that apply)**

   _____ Breakfast in the Classroom

   _____ Grab & Go

   _____ Breakfast after 1st Period, Delayed or 2nd chance breakfast

   _____ Breakfast on the Bus

   _____ Other (fill in blank) _____

2. **Has your school implemented the New Look of School Milk program to provide a positive school milk experience to students on the main line?**

   8 oz. plastic bottles
   _____ Yes _____ No

3. **Do you include cheese and/or yogurt on the breakfast menu? (Please include a current cycle menu with application)**

   _____ 4-5 times per week

   _____ 2-3 times per week

   _____ 1 time per week

   What is the average daily participation (ADP) in your School Breakfast Program year to-date?
   _____ Average Daily Participation

   _____ School Enrollment

   Percentage (Average Daily Participation (ADP) divided by Enrollment)

   _____

4. **Have any school nutrition personnel in your school completed the Expanding Breakfast (online) course through the School Nutrition Association?**

   http://www.schoolnutrition.org/Index.aspx?id=2291

   _____Yes

   _____No

5. Who did you involve in planning/implementing EB? (check all that apply)

_____ students _____ teachers _____ coaches _____ parents

_____ administration _____ school nurse _____ counselor ____ PTA/PTO

_____ school board _____ school wellness committee

_____ local dietitians _____ doctors /nurses _____ clinics/hospitals _____ fitness clubs

_____ county health dept. _____ community groups

_____ community leaders

_____ state agency (Dept. of health, education, etc) ____ local college/university

_____ other _____

_____ other_____

6. What changes have occurred as a result of implementing an EB option? (check all that apply)

_____ decrease in absenteeism _____ decrease in tardiness

_____ decrease in school nurse visits _____ improved test scores

_____ improved student behavior _____ increase revenue

_____ increase meal participation (% increase _____)

_____ other_____

_____ other _____

7. If you receive one of the Breakfast awards, how would you plan to use the award money to improve options? Ex: equipment, marketing, merchandising, implementing at other grades/schools within school district, etc. ***Idaho Dairy Council will ask for information throughout the year pertaining to how award money is being spent.*** **(check all that apply)**

_____ expand breakfast options in the current school building

_____ expand breakfast options in more schools within the school district

_____ purchase new/additional equipment ex: yogurt bar, refrigeration, carts, etc.

_____ provide/improve alternative areas for students to consume breakfast

_____ improve the cafeteria environment/décor

_____ purchase nutrition education classroom materials/resources

_____ sponsor an assembly program emphasizing breakfast and dairy

_____ publish a nutrition newsletter marketing your expanding breakfast programs

_____ develop/improve the classroom/cafeteria connection

_____ enlarge/renovate kitchen and cafeteria facilities

_____ other _____

_____ other _____

_____ other _____

Expanding Breakfast

I give my consent that our school's name, our school district's name and the details of our success with school breakfast may be used by Idaho Dairy Council for educational purposes. To the best of my knowledge the information on this application is accurate.

Signed: _____ Date:_____
District School Nutrition Director

Signed: _____ Date:_____
School Food Service Manager

Must be received by:

October 1, 2009