

**The award-winning
Grab n Go Breakfast
is coming!**



What is Grab n Go?



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It's a new way of serving breakfast to students, to ensure they begin the day with a healthy meal. In July 2006, the Grab n Go breakfast program at Balboa High School won a 'Victory Against Hunger' award from the Congressional Hunger Center in Washington D.C. Congresswoman Nancy Pelosi, who nominated the program, called it "a model for the nation in the fight against hunger."

How does it differ from
the regular school breakfast?



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Students have to arrive 30-45 minutes before school to eat a sit-down breakfast in the cafeteria. Grab n Go breakfast is still served in the caf, and early arrivals still eat there, but the meal comes in a ready-to-go bag, which can be picked up as late as 10 minutes before school starts. Late arrivals take the breakfast to class and eat during the first 10 minutes, while the teacher takes attendance and the class settles in for the day.

What is in a Grab n Go breakfast?



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It's a healthy breakfast that won't load students up with sugar. Grab n Go may include cereal, a bagel and cream cheese, yogurt, pancakes, french toast, a muffin, or breakfast burrito. Each meal includes milk, and fresh fruit or orange juice.

Won't eating in the classroom
make a big mess?



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No. The menu selections are healthy and easy to eat without making a mess. When Grab n Go was piloted at Balboa High School in 2005-06, one item which did cause some "sticky" problems was removed from the menu, and teachers reported no other problems.

Why should we try a new breakfast program?



Why should we try a new breakfast program?

Sadly, far too many children arrive at school with an empty stomach, too late for cafeteria breakfast. At Balboa, Grab n Go participation was double that of the previous year's regular cafeteria breakfast. Supporting what teachers already know, studies have linked improved student nutrition with higher academic performance.

Why don't parents just feed their kids
at home?



Why don't parents just feed their kids at home?

Teachers report reasons why children skip breakfast include

- getting up too late
- not being hungry early in the morning
- feeling rushed by parents needing to get to work

Whatever the reason, teachers and classmates also pay the price when students come to class with an empty stomach.

What happens when kids skip breakfast?



What happens when kids skip breakfast?

Teachers see students who are

- having trouble staying awake and concentrating
- complaining of stomach ache or headache
- acting irritable or angry.

A healthy breakfast, eaten in the company of friends, gets the day off on the right foot for everyone.

What role will teachers be expected to play in Grab n Go?



Teachers are requested:

- to allow students to eat the Grab n Go meal at their desks during the first 10 minutes of class time
- to have students put their trash into the classroom trash can after eating
- to decide whether to have trash collected immediately after breakfast; sealed garbage bags can be left outside the classroom for the custodian to retrieve
- to make students aware that the same "eating etiquette" rules which govern lunch at their desks on rainy days also apply at breakfast; they also need to remain seated and not visit with friends, as it is not a recess period

Teachers will NOT be expected:

- to collect money from students for school meals
- to insist that students finish their breakfast
- to keep track of whether students eat or not, although they may periodically be asked for an approximate count of students bringing Grab n Go to the classroom

Can anyone get a Grab n Go breakfast?



Can anyone get a Grab n Go breakfast?

Yes! The Grab n Go is available to anyone – students, teachers, and staff. Students who qualify for free or reduced price meals get their meal free; all others pay \$1.

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- Balboa breakfast participation doubled, but more than half of the participating students still arrived at school early enough to eat in the caf. About 40% took the meal to the classroom, resulting in only a handful per room eating at their desks.
- Students who arrive early can still have Grab n Go in the caf, and many will do so.
- Although any student may participate in Grab n Go, not every student will. Some students prefer to eat breakfast at home and will continue to do so. Classroom participation might be only 5 or 6 students per room.

Will every school have
a Grab n Go breakfast?



Will every school have a Grab n Go breakfast?

In autumn 2006, Balboa and one elementary school will have Grab n Go. Another elementary school and a middle school will have it by autumn 2007. As funding becomes available, any school will be able to host a Grab n Go breakfast.

How can I help bring Grab n Go
to my school?



How can I help bring Grab n Go to my school?

- Help your community learn about Grab n Go
- Build support for the program among parents and school staff
- Survey students to assess their interest
- Finally, ask your Principal to contact Student Nutrition Services

Grab n Go

**A model for the nation in
the fight against hunger**

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