



Ohio School Breakfast Principal Survey

Summary of Survey Findings

June 2015

The *Ohio School Breakfast Challenge (OSBC)*, a statewide campaign launched in SY14-15, recognizes schools for their excellence in increasing participation and providing a healthy School Breakfast Program for all Ohio students. As part of this effort, the OSBC conducted a survey of the Ohio Secondary and Elementary School Association members to identify school principal's thoughts about school breakfast and how school breakfast is served at the school building level.

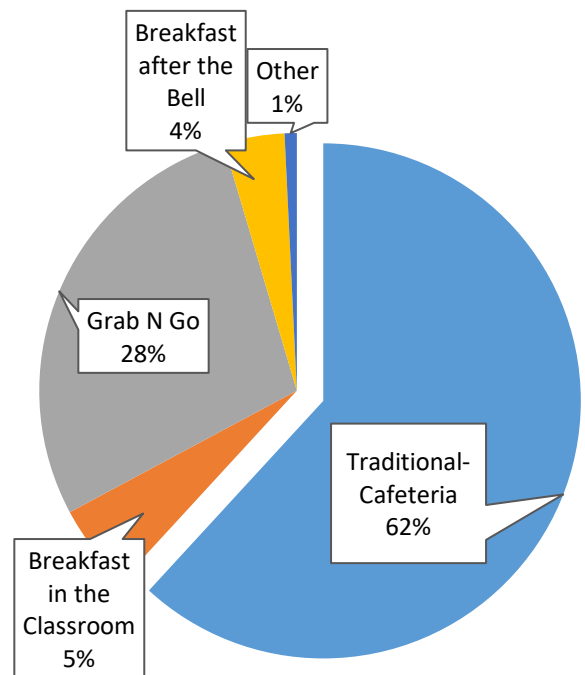
The survey was sent to approximately 4,000 school elementary and secondary principals in Ohio. The survey was launched June 1st and remained open through June 15th, at which time we received 382 responses. 94% of the principals responding to the survey were senior or middle/junior high school principals and 98% were public schools. The majority of the elementary and middle/junior high principals responded to the survey at a district level.

The survey was re-issued to all elementary school principal association members again at the beginning of SY 2015. The response was small and therefore not included in this summary.

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Current Breakfast Service

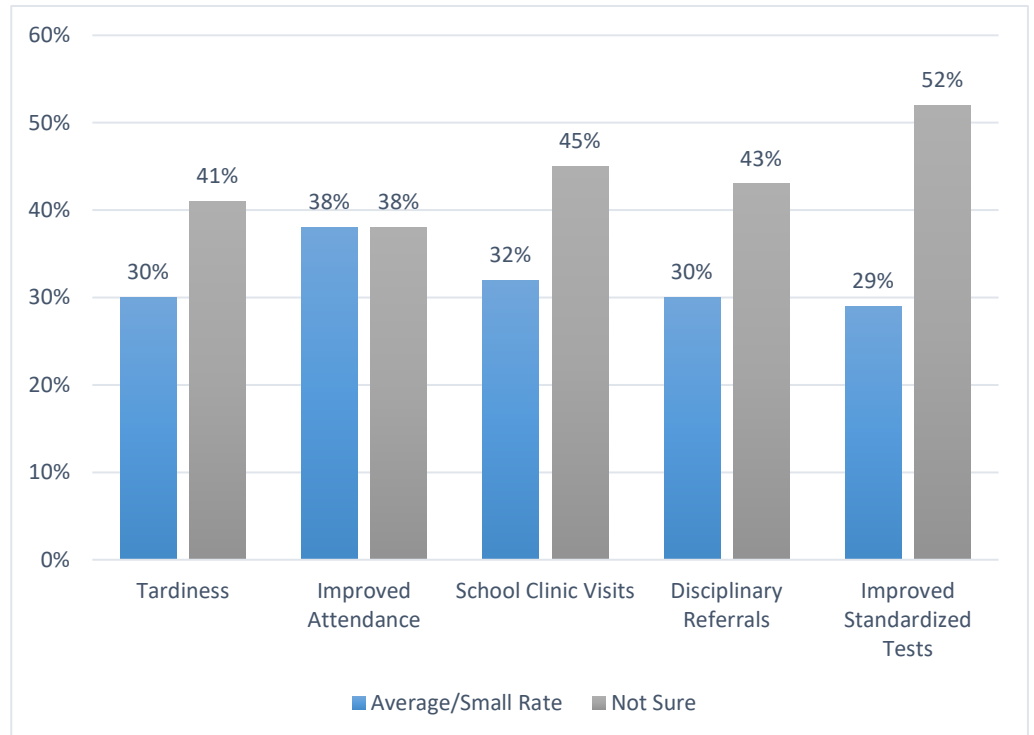
85% of the respondents indicated that they participated in the school breakfast program. The majority of schools currently offer breakfast in the cafeteria. Typically the schools that offered breakfast in the classroom were either elementary or middle/junior high schools. A few high schools offered all forms of breakfast to their students.



School Breakfast Impact with Current Breakfast Service

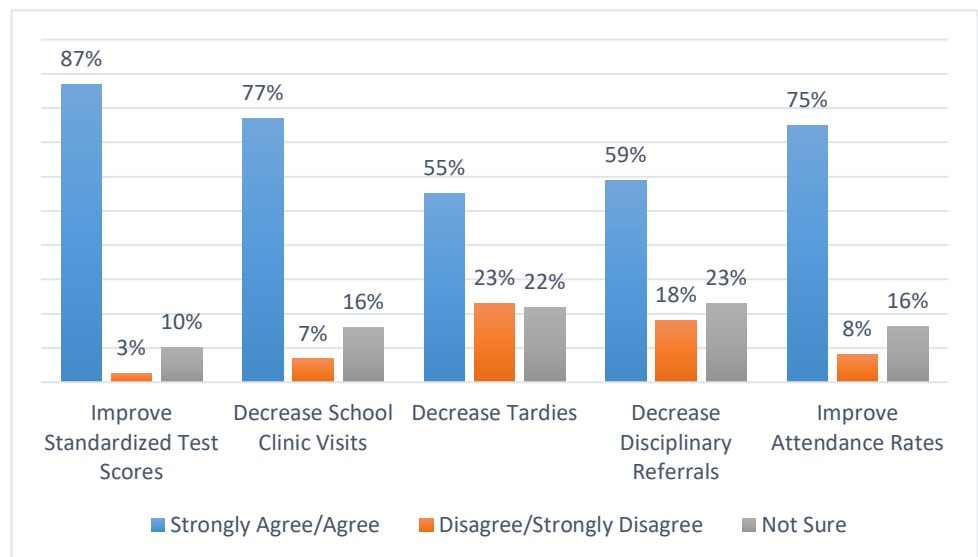
As indicated by the graph to the right the majority of principals are not sure if their current breakfast service directly impacts outcomes for learning at their own school.

However, principals hold the belief that school breakfast positively impacts the academic day as indicated by the graph below.



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Most of the respondents either selected that they strongly agree or agree that school breakfast improves standardized test scores and attendance rates, and decreases school clinic visits, tardiness. This may indicate research needs to be conducted in Ohio to show the positive impact of school breakfast on academics or share national evidence based research that has been conducted to date with administrators in Ohio.



Murphy JM, Breakfast and Learning: An Updated Review. *Journal of Current Nutrition and Food Science* 2007, 3(1): 3-36

Foods and Beverages Available at Schools Not Participating in School Breakfast

15% of the Principals responding to the survey reported that they do not participate in the school breakfast program. Almost one-fourth of those not participating in school breakfast have no food and beverages available at breakfast.

More than half of the schools that do not participate in school breakfast make breakfast options available by:

- 52% provide breakfast for purchase in the cafeteria before school
- 63% offer vending, a la carte, school stores and other venues for food and beverage purchases.

	Responses
Vending, a la carte, school stores and other venues	63%
Breakfast is available for purchase in the cafeteria	52%
Breakfast is offered during testing week	33%
No food and beverages are available at breakfast	21%

One-third of schools that do not participate in the school breakfast program offer breakfast during testing week, which research confirms that breakfast positively impacts learning.

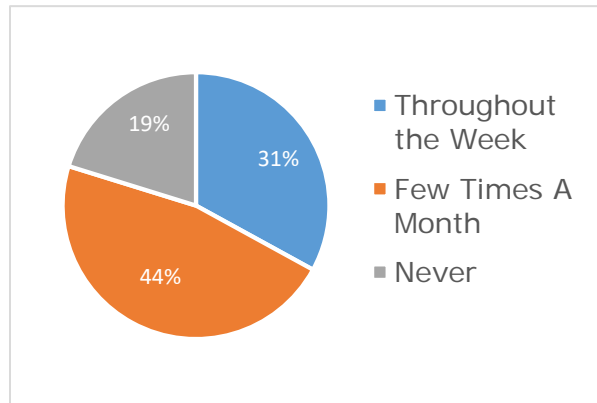
Frequency of Student Hunger

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31% of principals indicate that they either observe or have reports of students being hungry during the week.

43% indicate that students are hungry at least a few times each month.

Research shows that students experiencing hunger have more behavioral, emotional and attention problems which can impair their ability to learn.



Basch, CE. (2011) "Breakfast and the Achievement Gap Among Urban Minority Youth." *Journal of School Health*, 81 (10):635-640.
 Kleinman RE, Murphy JM, Little M, Pagano M, Wehler CA, Regal K, Jellinek MS. (1998) "Hunger in Children in the United States: Potential Behavioral and Emotional Correlates." *Pediatrics*, 101(1):E3.

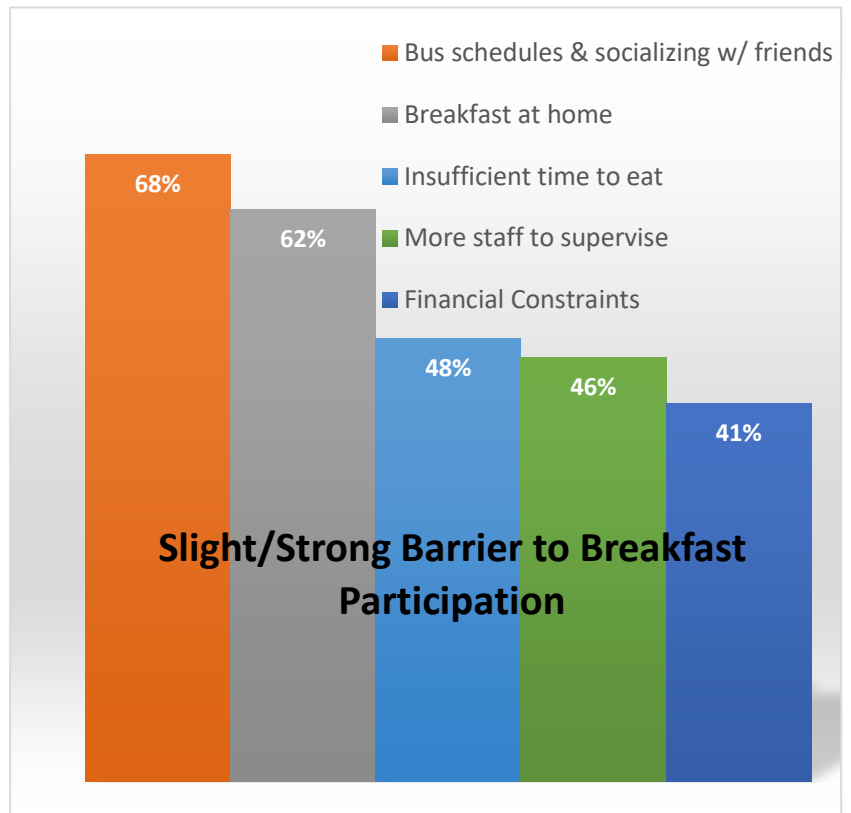
Barriers to School Breakfast Participation

Respondents were asked to check statements that affected school breakfast participation.

The top 5 barriers noted include:

- Bus schedules & socializing with friends,
- Breakfast at Home
- Insufficient time to eat,
- More Staff to Supervise
- Financial constraints

Familiarizing schools with alternative meal service options and seeking assistance, i.e. grants, technical assistance, may help breakfast participation.



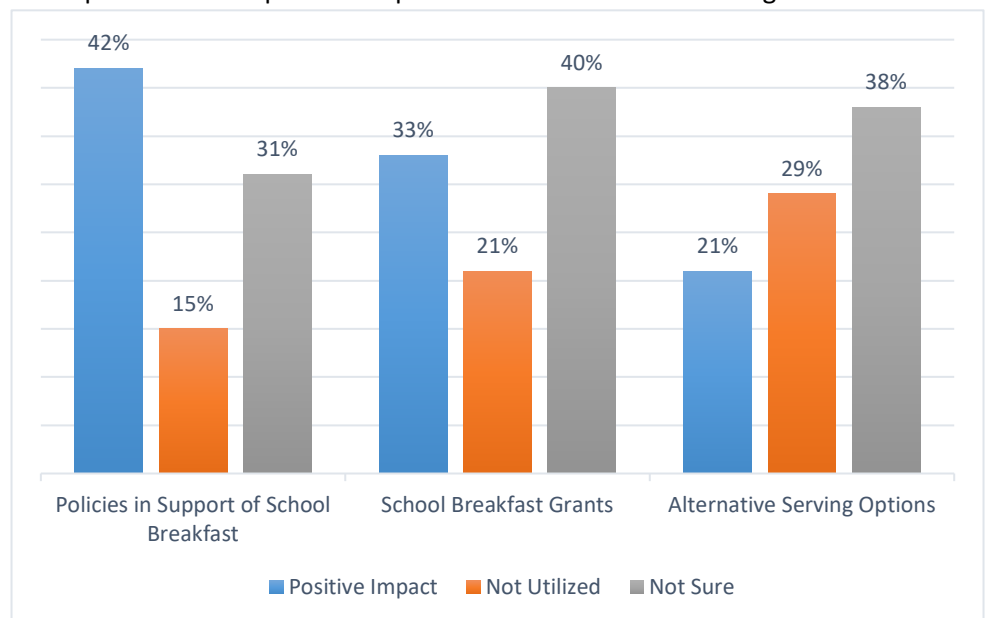
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Resources and Tools that Impact School Breakfast

Principals said that school wellness policies have a positive impact their School Breakfast Program.

Principals also indicated that they are unsure of the impact of grants and alternative serving options on their breakfast program.

Using alternative serving options may be one way of increasing breakfast participation rates and overcoming barriers previously cited.



Call to Action

School Principals in Ohio recognize the academic and health benefits of breakfast for kids including the School Breakfast Program. Principals are in a unique position to garner support from school board members, superintendents, school staff and parents to make breakfast a priority at school. Offering alternative serving options is one way to increase breakfast participation.

- Breakfast in the Classroom—served in the classroom at the start of the day.
- Grab 'n' Go- served from the cafeteria or kiosk
- Breakfast After First Period- served between first and second period or at a morning break.
- Breakfast Vending-served before school starts or between classes.

The following chart “*Alternative Breakfast Service Solutions*” gives examples of how alternative breakfast options can be successfully implemented. For additional information and research go to [Ohio School Breakfast Challenge](#)

Alternative Breakfast Service Solutions

Alternative Service Options	Where is it served?	When is it served?	How is it served?	Who does it work with?	What does the research say?
Breakfast in the Classroom	Classroom	At the beginning of the day or during break time.	Delivered to the classroom or student representative picks up breakfast or students pick up grab 'n' go bags in the cafeteria and go to class.	Can work in any school setting. It is most commonly used in elementary schools	Highest success rates, can be as high as 98% of school enrollment
Grab n' Go Breakfast	Cafeteria Hallways Common areas (inside and outside of building)	Before the school day begins, between classes, or at a mid-morning break.	Stations can be set up in a variety of locations, including the cafeteria and other high-traffic areas such as hallways or entryways	Can work in any school setting. Works well for students who come to school too late to eat in the cafeteria	In secondary schools, 70% of schools experienced an increase in School Breakfast participation
Breakfast After First Period	Cafeteria Hallways	Morning Break, usually between 9 am and 10 am.	Served in the same manner as traditional Breakfast in the Cafeteria, or in the same manner as Grab n' Go	Can work in any school setting. It is most commonly used in secondary schools	Average of 15-40% participation level increase
Breakfast Vending	Cafeteria Hallways Common areas (inside and outside of building)	Before the school day begins and between classes	Vending machines allow self-service of hot and cold items	Usually available in secondary schools only	Breakfast vending is a new model currently used at 1% of schools

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	Teachers and Paraprofessionals	Food Service Staff	Custodial Staff
Breakfast in the Classroom	<ul style="list-style-type: none"> Proper training may be helpful Will need to complete some type of daily accountability roster A classroom routine for Breakfast in the Classroom will need to be established, in the same manner as other classroom routines and procedures that are taught at the beginning of the year A natural opportunity to teach students about healthy eating, table manners and socializing over a meal 	<ul style="list-style-type: none"> Proper training suggested Handles food preparation and logistics Students can assist with the responsibility of transporting meals to and from the cafeteria Can be set up to work with your current School Breakfast operations with very little change Requires the same amount of staff labor as traditional School Breakfast Prepare food as you are doing now, and then pack into bags rather than serving it through the service line 	<ul style="list-style-type: none"> Proper training suggested Create a new trash removal procedure: Students can be responsible for clearing trash from the classroom and setting it outside of the door or placing it into a rolling trash bin in the hallway for you to collect Students can be responsible for wiping down tables and desks Custodial schedules may need to be adjusted Education about Pest Prevention and Control will need to be communicated throughout the school community Recycling programs may need to be altered to accommodate disposal of breakfast packaging, etc.
Grab n' Go Breakfast	<ul style="list-style-type: none"> If students are eating in the hallways, you may need to develop a system for finishing and disposing/recycling of breakfast packaging before entering the classroom 	<ul style="list-style-type: none"> Prepare food as you do now, but pack into bags and serve in the cafeteria service line, in combination with breakfast in the classroom or identify new service areas throughout the school 	<ul style="list-style-type: none"> Change in location and pick-up schedule of rolling trash cans or trash bags
Breakfast After 1st Period	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Change in schedules 	<ul style="list-style-type: none"> Change in schedule of cafeteria setup and cleaning Change in location and pickup of rolling trash cans
Breakfast Vending	<ul style="list-style-type: none"> If students are eating in the hallways, you may need to develop a system for finishing and disposing/recycling of breakfast packaging before entering the classroom 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Change in location and pickup schedule of rolling trash cans or trash bags

Adapted from: *Start School with Breakfast: A Guide to Increasing School Breakfast Participation* publication from NEA Healthy Futures & Share Our Strength

School Breakfast Alternative Options Research

Crepinsek MK, Singh A, Bernstein LS, McLaughlin JE. "Dietary Effects of Universal-Free School Breakfast: Finding from the Evaluation of the School Breakfast Program Pilot Project." *Journal American Dietetic Association* 2006; 106(11):1796-1803.

Cueto S. "Breakfast and dietary balance: the enKid Study, Breakfast and Performance." *Public Health Nutrition* 2001;4(6A):1429-1431.

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Morris CT, Courtney A, Bryant CA, McDermott RJ. "Grab 'N' Go Breakfast at School: Observation from a Pilot Program." *Journal of Nutrition Education and Behavior* 2010 42(3): 208-209.

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