

# Southern Local School District Rural – Racine, Ohio in Meigs County Innovative Breakfast Programs & Meal Quality



## 2019 Champion of Breakfast

### Collaborators

- Superintendent and Administration
- Building Principals, teachers, custodians and support staff
- School Meal Program Director and kitchen staff
- Healthy Advisory Council, parents and students
- Partners for Breakfast in the Classroom (PBIC) and Children's Hunger Alliance



### Serving Strategy

- Pre K-2-Breakfast in the Classroom
- Grades 3 thru 8- Grab-N-Go from the cafeteria to eat in the classroom
- High School- Grab-N-Go kiosks strategically placed in the hallway and students eat in the classroom
- New Menu Items that are kid-friendly- includes hot items twice a week pre-K through 8 and daily hot items at the high school

### Goals

- Increase variety of food choices, access and participation in breakfast
- Provide a healthy breakfast so ALL students are better prepared to learn
- Remove stigma associated with breakfast

### Results

- Increase Breakfast Participation-75% of elementary and 49% of high school students eat breakfast every day. Districtwide 67% of students participate in school breakfast every day.
- Tardies are down and attendance is up by an average of 2% over the past 3 years
- Nurses report that office visits have decreased especially prior to lunch when students were hungry

*Southern Local School District is dedicated to ensuring that ALL students start their day with a healthy breakfast. In the fall of 2018-2019 breakfast in the classroom was implemented districtwide for their 740 students. The PBIC grant provided equipment and updates to the menu enabling students to have easy access to breakfast and more breakfast choices. Students eat breakfast in the classroom after the bell where classroom teachers either have "bell ringer" activities or start daily lessons while students eat breakfast.*

*Food Service Director, Scott Wolfe said, "We knew we had many kids that were not eating breakfast. We also knew that some weren't eating because of peer pressure, it wasn't the cool thing to do, or that it wasn't convenient. So, we set out to eliminate those barriers and improve access." Providing access through grab n go, kiosks, and breakfast in the classroom has eliminated many of the barriers. 67% of students districtwide eat breakfast every day!*

*Principals report that tardies are down and attendance is up 2% over the past 3 years. School nurse visits for hunger and related stomach aches have decreased, especially before lunch. Katie Ash, 6<sup>th</sup> grade teacher noted, "Kids look forward to breakfast, have a higher energy level and are more focused before lunch. I've seen students more productive academically..."*

*"We had two goals we wanted to accomplish: to make sure every kids had a chance to get a nutritious, healthy start to the school day, and to continue our quest to improve preparedness to learn."  
Tony Deem, Superintendent, Southern Local School District*

# Southern Local

