



# Building a Better Tomorrow

Breakfast After the Bell: HF 1037 | SF 1427



second harvest  
**HEARTLAND**

Food changes everything.™

Healthy child development is the foundation for community and economic development and the basis of our future prosperity as a state. Ensuring all children have the healthy food they need, regardless of where they live or their family circumstances, reflects an important investment in our shared future. We can be proud of Minnesota's track record of addressing child hunger and malnutrition, and now we have another opportunity to invest, through Breakfast After the Bell.

## Why It Matters

The traditional school breakfast program, which serves breakfast before the start of the school day, is a good first step toward addressing hunger and supporting student achievement, but participation is limited and so is the impact. In Minnesota, nearly half of children eligible for free or reduced price school meals aren't getting breakfasts at school.

Offering breakfast before the start of the school day requires students to arrive at school at least 15 to 20 minutes prior to first period. Due to a number of barriers, such as hectic morning schedules, competing morning priorities, arrival time of buses, or the potential stigma of needing a free breakfast, many vulnerable students miss out on school breakfast.

## What We Can Do

Breakfast after the Bell will increase access to a nutritious breakfast for Minnesota's learners by maximizing convenience and overcoming barriers to participation. Through these programs, breakfasts are directly delivered to classrooms, distributed via centrally located kiosks, or served during an extended break typically offered between first and second periods.

Breakfast After the Bell legislation would offer:

- Incentives, such as meal reimbursements, for school districts wanting to *establish* or *expand* a Breakfast After the Bell program
- Support to targeted areas of the state where school breakfast programs can go further and reach all children in a district
- Incorporating Breakfast After the Bell approaches to existing programs, including Breakfast in the Classroom, Grab and Go, and Second Chance Breakfast



## What Are The Impacts?<sup>1</sup>



### Better Scores.

Students eating school breakfast have 17.5% higher scores on standardized math tests.



### Calmer Classes.

Children without enough nutritious food have significantly more incidences of behavioral, emotional, and educational issues.



### Healthier Kids.

Children experiencing hunger have more visits to the school nurse, are sick more frequently and are slower to recover, are more likely to be obese, and are hospitalized more often.



### Better Attendance and Graduation Rates.

Student attendance grows by 1.5 days per year for students who begin their day with healthy breakfast. Students attending class more regularly are 20% more likely to graduate.

## What You Can Do

You can help ensure that Minnesota kids have the nourishment they need to thrive. Visit [2harvest.org/schoolbreakfast](http://2harvest.org/schoolbreakfast) to find out how.



“ What affects students in one part of the state affects us all, and we will only be successful when all children in our community are healthy and well-fed. But the reality is that children in some parts of our state are not enjoying the same benefits as everyone else because of a patchwork of uneven implementation of the school breakfast program. These conditions result in too many children going hungry and lack access to nutritious, healthy breakfast. Fortunately, we have the ideas, energy and resources to fix this problem.”

MARC GORELICK, M.D., PRESIDENT & CEO | CHILDREN'S MINNESOTA

<sup>1</sup><http://bestpractices.nokidhungry.org/programs/school-breakfast/how-school-breakfast-benefits-kids>

## Who Are Supporters?

Advocates of Breakfast After the Bell legislation include an array of Minnesota companies and organizations that care about kids, including Second Harvest Heartland, Share Our Strength, Cargill, Minnesota Milk Producers, General Mills, Boston Consulting Group, Blue Cross and Blue Shield of Minnesota, Children's Minnesota, Youthprise, the Minnesota School Nutrition Association, and The Sheridan Story.



HF 1037 | SF 1427

[2harvest.org/schoolbreakfast](http://2harvest.org/schoolbreakfast)

© 2019 Second Harvest Heartland. All rights reserved.

