

The School Breakfast Program

The School Breakfast Program (SBP) is a federal child nutrition program administered nationally by the United States Department of Agriculture and in California by the California Department of Education. All schools in California are allowed to participate in SBP, but none are required. Schools that offer breakfast through SBP receive a federal reimbursement for each meal served. That reimbursement varies with respect to the family income of participating students. The state offers additional reimbursement for meals served to low-income students.

Why School Breakfast?

The School Breakfast Program is a cost-effective strategy to help students learn, grow, and achieve. School breakfast can bolster academic achievement, decrease absenteeism, reduce tardiness, improve classroom behavior, and help students establish healthy eating habits. Studies also show that children who eat breakfast have healthier overall diets and are less likely to be obese compared to children who skip breakfast. Unfortunately, many children do not eat a healthy breakfast at home. In fact, during this severe recession, many families are struggling to provide their children with adequate, nutritious meals.

School Breakfast Participation in California

Throughout California, over **2.2 million** low-income students who are eligible to receive free or reduced-price school meals do not participate in the School Breakfast Program. Sixty percent of the state's low-income students who do benefit from school lunches miss out on the benefits of school breakfast. If these students participated in SBP, California's public schools would have received approximately **\$300 million** in additional federal meal reimbursements during 2008-09.

The majority of schools that offer breakfast only do so at one location early in the morning before classes begin -- but school breakfast works best if served when and where students are able to eat. Innovative, fiscally sound service models, such as **Classroom Breakfast** and **Second Chance Breakfast**, dramatically increase school breakfast participation.

Breakfast in the Classroom

Serving breakfast in the classroom can increase a school's breakfast participation to nearly 100 percent. Under this model, all students are offered breakfast at the start of the school day. The 10-15 minutes students spend eating breakfast in the classroom can count towards mandated instructional time. Breakfast in the Classroom helps ensure that all students can face the school day well-fed and ready to learn.

Second Chance Breakfast

With the Second Chance Breakfast (2CB) model, a school breakfast is offered during morning recess or snack break. 2CB is effective for serving students who, due to family schedules or transportation issues, are not able to eat in the morning before classes begin. 2CB is also effective for students who are not hungry first thing in the morning, but do get hungry before lunch. 2CB is one strategy that helps bring the benefits of breakfast to all students.

The BreakfastFirst Campaign

CFPA is launching a three-year BreakfastFirst Campaign to help California's students reach their full potential and to help California's schools maximize available federal resources.

BreakfastFirst Goals

The BreakfastFirst Campaign will tackle issues of **access, participation, and nutritional quality** in the School Breakfast Program throughout California. To most effectively mobilize resources, the first phase of the campaign will target ten school districts in California with the largest numbers of low-income students who are not participating in the School Breakfast Program. Best practices and lessons learned from this first phase will be strategically disseminated to school districts throughout the state as the campaign progresses.

For the ten target school districts, the campaign's primary goal is to improve school breakfast participation among low-income students by implementing Breakfast in the Classroom and Second Chance Breakfast programs. Quantifiable objectives will be developed for each target school district.

BreakfastFirst Strategies

Implementing innovative breakfast models requires cooperation throughout the entire school community. To that end, CFPA is working to enlist key stakeholders, including teachers, administrators, and nutrition services staff to further the goals of the BreakfastFirst campaign.

What You Can Do

Teachers, parents, principals, students, staff, and districts leaders all have important roles to play in ensuring that students eat. Make sure your school offers breakfast; serves it at the best possible time and place (such as in the classroom); and provides healthy, nutritious meals. Detailed action steps are available at www.BreakfastFirst.org.

A Data-Driven Campaign

This March, during National School Breakfast Week, CFPA will release a report examining participation in the School Breakfast Program across California. The report will include an analysis which shows that millions of California's most needy students are not eating school breakfast. For highlights of district-level school breakfast participation, please see the attached table.

Have Questions?

For more information about school breakfast or the BreakfastFirst Campaign, please:

- Visit our websites: www.cfpa.net and www.BreakfastFirst.org
- Contact Tia Shimada at tia@cfpa.net or 510.433.1122 ext. 109

School Breakfast Participation by District

Based on data from the California Department of Education, the following table highlights the number of low-income students in K-12 public schools who did not participate in the School Breakfast Program during 2008-09. Please note: this list only includes districts with at least 14,000 low-income students who did not participate in SBP.

Rank	Districts	# of FRP-Eligible Students ¹ Who Did NOT Eat School Breakfast	% of FRP Lunch Participants Who Did NOT Eat School Breakfast ²
1	LOS ANGELES USD	37,8172	45%
2	SAN DIEGO USD	57,093	49%
3	LONG BEACH USD	44,917	54%
4	FRESNO USD	43,467	56%
5	SAN BERNARDINO CITY USD	34,820	61%
6	SANTA ANA USD	34,155	63%
7	OAKLAND USD	25,911	65%
8	SAN FRANCISCO USD	25,733	71%
9	SACRAMENTO CITY USD	24,869	70%
10	GARDEN GROVE USD	24,223	63%
11	FONTANA USD	24,196	62%
12	STOCKTON USD	23,610	71%
13	ELK GROVE USD	22,297	62%
14	MONTEBELLO USD	19,952	52%
15	MORENO VALLEY USD	19,285	62%
16	RIVERSIDE USD	19,131	70%
17	COMPTON USD	17,191	71%
18	POMONA USD	16,478	65%
19	KERN HIGH SCHOOL DISTRICT	16,037	62%
20	CORONA NORCO USD	15,963	64%
21	RIALTO USD	15,309	61%
22	TWIN RIVERS USD	15,112	62%
23	PALM SPRINGS USD	15,032	73%
24	ONTARIO MONTCLAIR SD	14,813	70%
25	LYNWOOD USD	14,012	75%

¹ FRP Eligible = low-income students who are eligible for free or reduced-price school meals

² Percent of FRP Lunch Participants Who Did Not Eat School Breakfast = 1 – (Average Daily Participation for FRP School Breakfast ÷ Average Daily Participation for FRP School Lunch)