

# BIC Guide for Teachers



Serving breakfast in the classroom is a great way to ensure that students start the day with a nutritious meal. Studies show that children who eat breakfast are more likely to arrive on time to school, retain what they learn, behave better, and experience better health outcomes. This year, Breakfast is free for all students, making it easier to implement Breakfast in the Classroom.

## BREAKFAST PREP AND DELIVERY

Each morning, food service staff will pack milk and breakfast items in a cooler for each classroom. Breakfast is then delivered to each classroom before the bell, available for students as they come in to the classrooms. Food service staff should work with the principal and teachers to determine the best system for delivery. Several options for delivery include:

- School nutrition staff deliver the meals
- Teachers pick up meals before the start of class
- Student ambassadors pick up coolers from the cafeteria and bring breakfasts to the classrooms
- All students grab their breakfast from a central location and bring it to their classrooms

## MEAL DISTRIBUTION

Teachers can decide where to set up the breakfast coolers within their classrooms and establish a consistent routine for students. Here are some helpful reminders for meal serving procedures.

- Use the roster that is sent to class with the breakfast coolers or crates to track how many meals were served.
- Watch as children take all appropriate breakfast components. When students do not take all of the required items, remind them what else they need to take for a complete meal.

## DURING BREAKFAST

Breakfast only takes 10 to 15 minutes for students to eat, and teachers often find that students are more productive later in the morning after enjoying a healthy breakfast. During the time when students are eating, teachers can make use of this time in any of the following ways:

- Take attendance
- Collect and grade homework
- Deliver announcements
- Begin the day's instruction

## CLEAN UP

Developing a waste removal plan and establishing a routine for students is key in ensuring a seamless transition from eating breakfast to beginning the day's instruction. Teachers, school nutrition staff, and custodial staff should work together to establish a waste removal plan. When developing a plan, be sure to keep the following things in mind:

- Determine whether students or school nutrition staff will return coolers to the cafeteria. Make sure that the completed roster is returned with the coolers, along with all food items not taken by students (perishable and non-perishable).
- Provide cleaning supplies for each classroom, such as cleaning wipes, brooms, dust pans, and paper towels.
- Create a plan for either teachers or student ambassadors to place trash in the hallway. This trash can be collected by custodial staff during the first few periods of the day.
- Educate students about the clean-up procedures. Breakfast items which have been served to students, but not eaten, CANNOT be returned to coolers. Students can save non-perishable items for later or put in a share bin, but perishable items must be thrown out.

## STICK WITH IT

Transitioning to breakfast in the classroom will take a few weeks for all staff to adjust to the new routine. Allow flexibility to make adjustments, but try to keep it consistent so that everybody has the opportunity to adjust.

## FOOD SAFETY TIPS

Healthy food isn't just about nutrition. Follow these steps to avoid food contamination, prevent bacterial growth, and maintain proper temperature control.

- Place food carriers on desks or chairs to ensure that food stays a minimum of six inches off the floor, as required by law.
- Make sure that students dispose of all perishable items that they do not eat during the allotted breakfast period.
- Maintain cold foods at or below 41° F and hot items at or above 140° F. To maintain temperature control, bring the food and beverages to the classroom directly before meal service.