

Grab & Go Breakfast Roles



Implementing a Grab & Go Breakfast program is a team effort. Everyone from the principal to teachers to the school nurse can help support this model change. Clearly communicating the various roles and responsibilities to each stakeholder from the outset of the process can help ensure a smooth implementation.

FOOD SERVICE STAFF

Food service staff are in charge of managing the day-to-day operations of the school breakfast program. To ensure the Grab & Go breakfast model is successful, food service staff should:

- Prepare enough breakfast for all students.
- If following a Serve Only model, create unitized bags for students to easily grab as they enter the building. Ensure there is a complete reimbursable meal in each bag.
- Bring a wireless tablet (or accounting method) and unitized breakfasts to designated Grab & Go kiosks each morning.
- Remain at the kiosks until ten minutes after the start of the school day to provide breakfast to late students.
- Ensure information on the school breakfast program, including the menu and a statement that all meals are free this year, is available on the website.

SUPERINTENDENT

Support from school leaders and administration is very important to the program's success. The superintendent can help lead the push to implement a model change or new program, as well as give insight into the state of hunger in the district.

PRINCIPAL

As the head of the school, the principal should lead the charge in communicating breakfast changes to school staff, students, and families.

- The school principal should communicate with each stakeholder about the change to school breakfast prior to the change taking place. Stakeholders will be much more willing to work with the school on the change if their feedback is taken into account from the beginning.
- Principals should also promote Grab & Go Breakfast with parents at parent nights and through letters and flyers home.

CUSTODIAN

Grab & Go Breakfast may change custodians' normal routine slightly, however, it should not add more work for them. With this model, trash bins should be left in each area that students are allowed to eat (hallways, courtyard, classrooms, etc.), and custodians should collect trash bags from these locations at the end of breakfast.

TEACHERS

Often school breakfast participation is low due to a lack of awareness about the program. To help support school breakfast, teachers can:

- Speak to students in their homeroom or first class about the importance of a healthy breakfast and the impact it has on their readiness to learn.
- Remind students of the availability of school breakfast and encourage them to participate.
- Instruct students to clean up after they have finished eating. Establish whether students should throw their trash away during instruction or wait until the end of class. (This is only applicable if students are allowed to eat in the classroom.)

NURSE

School nurses see the direct health effects of hunger. They can communicate the importance of a healthy breakfast to students and encourage them to take part. To help increase breakfast participation, nurses can:

- Speak with students visiting their office about the importance of a healthy breakfast in the morning and the impact it has on students' mental and physical well-being and academic success.
- Keep track of the number of students reporting for hunger-related complaints.
- Inform students who come to the nurse's office with hunger-related complaints of the opportunity to get breakfast after the start of the school day and see if anything may be standing in the way of them accessing the meal.
- Follow-up with students they see on a frequent basis or students who they know may be experiencing the impacts of hunger at home.