

# Massachusetts School Breakfast Peer-to-Peer Initiative

The School Breakfast Peer-to-Peer Initiative offers peer support for school breakfast stakeholders interested in implementing an alternative school breakfast service model. The Initiative aims to promote successful and sustainable practices for school breakfast model transformations.

## SCHOOL BREAKFAST SUPPORT FROM PEERS

Introducing change in school breakfast programs involves collaboration and coordination among all school staff. Learning from peers can be an invaluable way to gain insights into the design, implementation, and operation of a program. The Child Nutrition Outreach Program (CNOP) at Project Bread and the Massachusetts Department of Elementary and Secondary Education (DESE) are offering to assist school and district stakeholders to increase the effectiveness of school breakfast model transformations through the Peer-to-Peer Initiative. The initiative meets individuals wherever they are in the implementation process and provides them with the support they need to succeed.

## HOW IT WORKS: PEER ADVISORS AND ADVISEES

CNOP and DESE have identified volunteer advisors from districts with exemplar alternative school breakfast programs to advise other programs and schools. These advisory stakeholders from school nutrition directors, principals, to superintendents represent various school levels and locations from across the state. The advisors have successfully implemented alternative breakfast model programs and addressed common barriers to implementing changes. Interested districts are matched with an advisor that has made the breakfast model change that the advisee seeks to make at a similar school. CNOP will work with the advisee to assess their current breakfast programs, identify goals, match with an advisor, and coordinate the peer to peer activities.

## POTENTIAL PEER TO PEER ACTIVITIES

### Phone Consultations

During CNOP facilitated phone consultations, advisors share key factors, steps and strategies that lead to successful programs, offer support in examining barriers and strategies to overcome them, and provide inspiration to the advisee district.

### Site Visits

Teams from advisee districts will have the opportunity to tour schools that have successfully implemented an alternative breakfast model. Site visits can break down perceived barriers to changing school breakfast, provide insights into the day-to-day operations and implementation of the school breakfast program transformation, make change feel realistic and actionable, and provide inspiration. Ideally, this team includes both the school nutrition director as well as at least one key decision-maker (either principal or superintendent). Visits will be arranged and facilitated by CNOP and DESE.

### Supported Action Planning

This Peer-to-Peer option involves more prolonged engagement between the advisee district, CNOP, and advisors. After talking or visiting with advisors, districts will have the opportunity to

expand engagement to craft a complete breakfast model action plan, facilitated by CNOP, with peer guidance.

## WHO CAN PARTICIPATE?

All School Breakfast stakeholders interested in Peer-to-Peer activities are encouraged to participate by contacting us directly or filling out the self-referral form at the link below.

## CONTACT US

### Project Bread's Child Nutrition Outreach Program

PHONE: 617-239-2543

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WEB: [www.meals4kids.org](http://www.meals4kids.org)

SELF-REFERRAL FORM: <http://bit.ly/adviseeselfreferral>

### Massachusetts Department of Elementary & Secondary Education

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