



Breakfast: Small Changes can Impact Student Performance

Indiana School Health
Network Conference

June 2023



INDIANA



AGENDA

- Introductions
- School Breakfast Basics
- Hear from Our Panelists
- Q&A



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NO KID HUNGRY CAMPAIGN

No child should go hungry in America. But 1 in 7 kids will face hunger this year. No Kid Hungry is ending childhood hunger through effective programs that provide kids with the food they need.

This is a problem we know how to solve. No Kid Hungry is a campaign of Share Our Strength, an organization working to end hunger and poverty.



The Indiana Partnership for Hunger-Free Students

coordinates statewide efforts to ensure that no child goes hungry in the state of Indiana. The coalition is a dedicated group of stakeholders including school nutrition professionals, parents, students, educators, administrators, community advocates, health systems and University partners.





SCHOOL MEALS BASICS



Where do regulations come from?



NSLP/SBP/ASSP, SFSP, CACFP, FFVP,
COMMODITY

Reimbursement Rates for the School Nutrition Programs

Effective July 1, 2022 – June 30, 2023

National School Lunch Program

	REGULAR RATE*	REGULAR RATE + .08 CENTS*	MAXIMUM CHARGING PRICE
PAID	\$.77	\$.85	N/A
REDUCED PRICE	\$3.93	\$4.01	\$.40
FREE	\$4.33	\$4.41	\$.00

*.02 is automatically applied in the CNPweb to paid, reduced, and free meals when at least one building serves 60 percent or more of free or reduced price lunches during the second preceding school year.

School Breakfast Program

	REGULAR RATE	SEVERE NEEDS RATE*	MAXIMUM CHARGING PRICE
PAID	\$.50	\$.50	N/A
REDUCED PRICE	\$1.96	\$2.37	\$.30
FREE	\$2.26	\$2.67	\$.00

*Severe needs breakfast rate is applied in the CNPweb to paid, reduced, and free breakfast meals when 40% or more lunches served are free and reduced meals during the second preceding school year.

Afterschool Snack Program

	REGULAR RATE	MAXIMUM CHARGING PRICE
PAID	\$.09	N/A
REDUCED PRICE	\$.54	\$.15
FREE	\$ 1.08	\$.00

School Breakfast Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week (minimum per day)		
Fruits (cups) ^{b c}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{b c}	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) ^d	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) ^e	0	0	0
Fluid milk (cups) ^f	5 (1)	5 (1)	5 (1)

Breakfast Changes Lives

- Kids who eat school breakfast...
 - **Miss less school** – they attend an average **1.5 more days** per year
 - **Do better in math** – they average **17.5% higher** math test scores
 - **Are 20% more likely** to graduate high school

Source: Ending Childhood Hunger: A Social Impact Analysis, Deloitte

Want more information? Click [here](#).

School Breakfast



Breakfast After the Bell Participation Rates

Participation measured by average daily participation F&RP school breakfast / average daily participation F&RP school lunch.

88%

Breakfast in the Classroom (BIC)¹: Breakfast is offered/served in the classroom and eaten in the classroom.

59%

Grab and Go¹: Breakfast is offered/served from one or more central locations and consumed in a non-specific location.

58%

Second Chance Breakfast¹: Breakfast is offered/served between 1st and 2nd period and consumed in a non-specific location. Usually offered via Grab and Go or Traditional Cafeteria breakfast.

Analysis includes 2,201 schools from 14 states: CA, FL, IL, MA, MD, MI, MT, NC, NE, NV, PA, TX, VA, and WA.



Sam Evans
Registered Dietitian
South Bend Community
Schools





Felipe Guerra Aravena
School Nutrition Director
Fort Wayne Community
Schools





Jennifer Barrett
Principal
Edgewood Intermediate
School





Alyson McIntyre-Reiger
Director
Indiana FCCLA Chapter





RESOURCES



No Kid Hungry Resources & Support

The No Kid Hungry team is here and ready to help by providing...



[Breakfast After the Bell
Equipment Toolkit](#)



[Research](#)



[School Breakfast Toolkit](#)



[Grants](#)

Looking for More?
Check out the [Center for Best Practices!](#)

Q&A

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Current Partners



Indiana University Health

ESKENAZI
HEALTH



A young boy with freckles, wearing a blue baseball cap and an orange hoodie, is smiling while sitting at a table. He is eating from a yellow school tray that contains a sandwich, some orange slices, and a small container of white sauce. The background is slightly blurred, showing other people and a classroom-like setting.

THANK YOU

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