



**SECOND HARVEST**  
of SILICON VALLEY

## Breakfast For All

# Increase healthy breakfast for your students while maximizing state and federal funding

**Ensuring all children are ready to learn & thrive:** The COVID-19 pandemic brought to light what many in our community already know – school meals are essential sources of nutrition for under-resourced families. School breakfast provides a healthy, balanced meal so children can begin their day focused on learning and not their empty stomach. Not only is nutritious and culturally appropriate food a human right, but children who eat breakfast are healthier, better behaved, more successful academically, and have better outcomes later in life. We also know that many under-resourced students who do not eat breakfast at school won't make up that lost nutrition anywhere else. <sup>1</sup>



**July 2021:**  
**California funded**  
**universal free meals**  
**at all public schools.**

**Free school meals for all:** In July 2021, California committed to eradicating child hunger by funding universal meals at all public schools. Now, all children will have the opportunity to eat a nutritious breakfast and lunch at school, without having to complete intrusive paperwork or face stigma for not having enough money to pay for their meals. These meals are vitally important for the 1 in 3 kids at risk of hunger in San Mateo and Santa Clara Counties, and the estimated 35,000 children in San Mateo and Santa Clara Counties in households reporting they do not have enough to eat at home each day. <sup>2</sup>

## A Note About This Year's Report

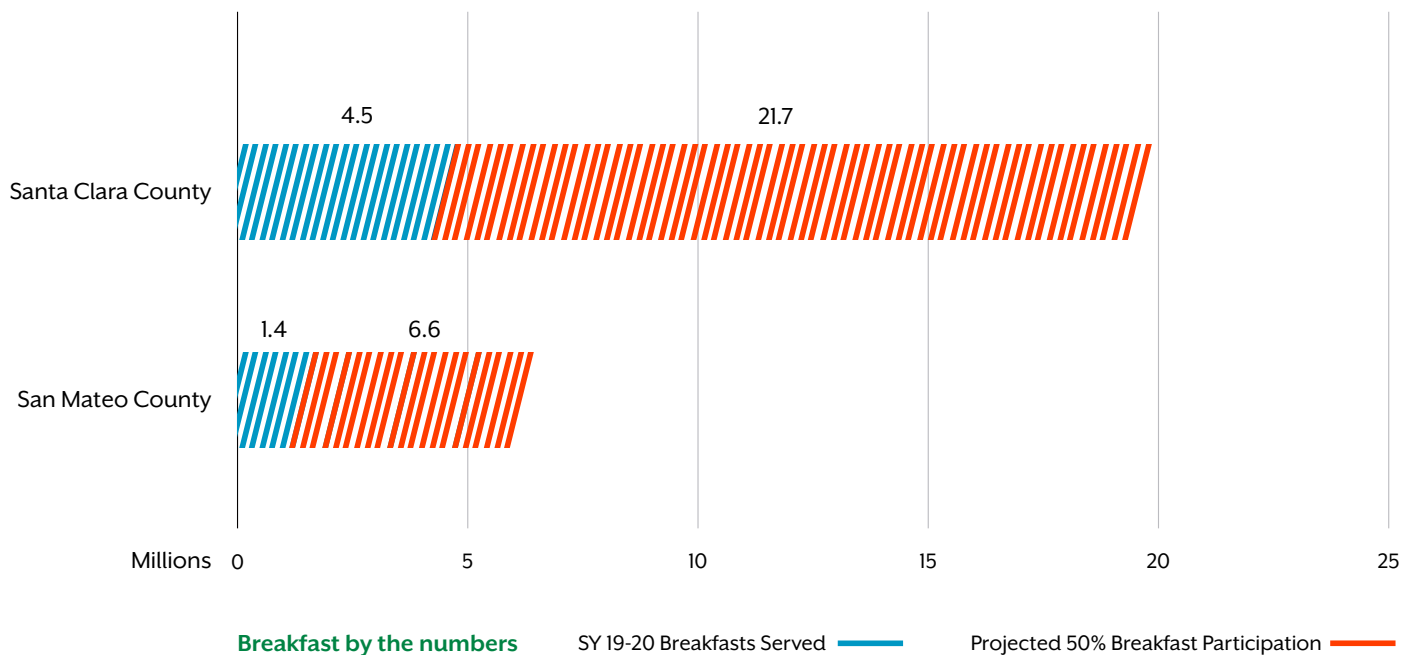
To increase food access during COVID-19, the U.S. Department of Agriculture (USDA) issued nationwide waivers that created flexibility so that meals could be served safely during the pandemic. This included: allowing meals to be served through the summer meal programs, which require no registration and are open to anyone, allowing caregivers to pick up meals for their children, and allowing multiple days worth of meals to be distributed at one time. <sup>3</sup> Many schools in San Mateo and Santa Clara Counties took advantage of these waivers and began serving meals under the Summer Nutrition Programs instead of the National School Breakfast and National School Lunch Programs when schools closed for in-person instruction on March 16, 2020. Because of the differences in data collection, this report calculated average participation based on an estimated 130 days of in-person instruction and does not include any meals served under the Summer Nutrition Programs.

## The Breakfast Opportunity Gap

With universal meals, schools have an added incentive to increase breakfast participation in order to maximize the federal and state dollars available for reimbursements. In SY 2019-20 school breakfast participation was abysmally low, with only 13% of the student population eating breakfast at school.

**If San Mateo and Santa Clara County schools increase breakfast participation to 50% of students, they will serve 22 Million more meals and receive an estimated \$49 Million in additional meal reimbursements.**

These meals are clearly needed, but many students face a variety of barriers, from bell schedules to social stigma, that prevent them from eating at school. We recommend that school districts implement a Breakfast After the Bell model that integrates breakfast into the school day. These changes require buy-in from school and district leadership as well as support and input from the entire school community, but when done successfully have the potential to make a huge impact on the lives of students.



# Why School Breakfast is Important

Research supports what educators in our schools see every day—regular access to nutritious food is a prerequisite for children’s well-being and health, and vital for student success.

Lack of access to school breakfast also exacerbates existing racial and economic disparities in educational opportunity. Low-income students and students of color are more likely to be food insecure, to live in food deserts, and to suffer from health problems such as obesity, diabetes, and asthma. However, students who participate in school breakfast experience benefits across a range of metrics, from health to attendance to behavior to academic success.<sup>4</sup>

**Health:** Eating school breakfast improves the overall quality of students’ diets—reducing fat intake and increasing vitamin intake while holding calorie count the same. Schools with high breakfast participation tend to have fewer visits to the school nurse.

**Attendance:** Studies have found that students who eat breakfast are less likely to be chronically absent. These positive effects of breakfast on attendance tend to be magnified in higher poverty schools.

**Behavior:** Students who eat breakfast are perceived by teachers to be more energetic and on-task, a sentiment often echoed by students themselves. Schools that have successfully increased their school breakfast participation have seen decreases in disciplinary actions and suspensions.

**Academics:** Many schools that have successfully increased student breakfast participation have seen improved grades and statistically significant increases in math and reading scores on standardized tests the same year as the increase.<sup>5</sup>

Improved	Decreased
 Cognitive Function	 Risk for Obesity & Diabetes
 Academic Achievement	 Aggressive Behavior
 School Attendance	 Behavior Issues
 Diet and Physical Health	 Suspensions
 Emotional Health	 Tardiness

## Breakfast After the Bell

With universal meals funding and infrastructure support secured, school nutrition departments can now focus on increasing participation in school meals to ensure their students start the day nourished and ready to learn. Breakfast After the Bell models integrate breakfast into the school day, so that students do not have to make a choice between eating breakfast, socializing with friends, and arriving to class on time. There are several different Breakfast After the Bell models and each model can be tailored to best fit the needs of the school.

**Breakfast in The Classroom:** Students eat breakfast at their desks at the beginning of first period. In some schools, teachers deliver the breakfast, where in others, students, cafeteria staff, or parent volunteers are responsible for breakfast delivery. This classroom model results in the highest increases in breakfast participation.

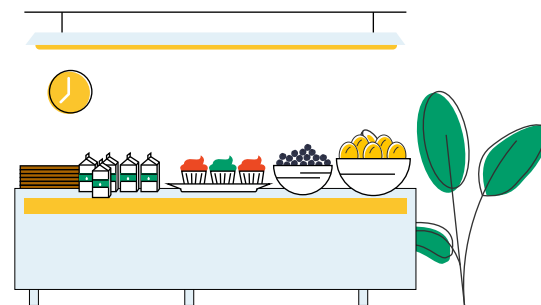
**Second Chance Breakfast:** Breakfast is offered mid-morning, between class periods as a dedicated meal time. In elementary schools, teachers may bring students to the lunchroom and walk them through the line.

**Grab and Go:** Students pick up breakfast from portable carts placed in high traffic areas such as school entrances, hallways, and even bus stops. They pick up bagged breakfasts from these carts on the way to class and can eat in the lunchroom, hallway, or at their desks. Grab and Go can happen before or after the bell.



### Breakfast in the Classroom

Serve breakfast when and where all kids are able to eat



### Second Chance Breakfast

Serve students during a mid-morning break



### Grab N' Go Breakfast

Let kids grab quick and healthy meals on the way to class

## Action Steps

Transitioning to a Breakfast After the Bell model can increase participation dramatically and generate income for school nutrition programs. However, these changes take careful planning, and often require champions within the school or community to make the initial push.

### Principals and Superintendents

- Make breakfast a priority; make sure all your schools have a breakfast program
- Develop School Wellness Policies that include making sure every student gets a nutritious breakfast each morning
- Talk to your food service director about the possibility of integrating breakfast into the school day. Ask what you can do to support them in launching one of these models, including changing bell schedules to create more time to eat during the day or adding a 10–15 minute break in the morning to allow for Second Chance breakfast
- Keep students, parents, and teachers informed about meal programs offered in your school or district and the importance of eating a nutritious breakfast
- Create opportunities for parents and teachers to become more involved with the breakfast program by having them volunteer or eat with students; actively solicit feedback about the breakfast program on individual and institutional levels
- Offer resources and administrative support to teachers or community members who approach you about increasing breakfast participation or doing Breakfast After the Bell
- Use breakfast participation as a measure of school success

### Legislators

- Make school breakfast a priority in your district
- Support and vote for legislation to implement Breakfast After the Bell; learn from other states
- Visit a school that has a Breakfast After the Bell program
- Allow time spent during Breakfast in the Classroom to count as instructional time



## Breakfast Opportunity Table

This chart shows by school district the potential additional meals served and reimbursement that could be received if schools in San Mateo and Santa Clara Counties serve 50% of enrolled students breakfast. School districts who did not report participation numbers to the California Department of Education in FY19-20 are not shown. Districts with no meals or dollar amount in the last columns either already reached or exceeded the goal of at least 50% of enrolled students eating breakfast on a typical day.

San Mateo County	Total Enrollment	% FRPM	Average Breakfast Participation per Day	Average Lunch Participation per Day	Breakfast Opportunity	Reimbursement Opportunity
Bayshore Elementary School District	381	37%	89%	55%	0	\$0
Brisbane Elementary School District	476	26%	5%	32%	38,740	\$85,228
Burlingame Elementary School District	3,534	11%	4%	23%	294,736	\$648,420
Cabrillo Unified School District	3,136	39%	9%	17%	229,787	\$505,531
Jefferson Elementary School District	6,687	54%	9%	41%	495,910	\$1,091,001
Jefferson Union High School District	4,811	29%	8%	15%	366,210	\$805,662
La Honda-Pescadero Unified School District	306	53%	21%	44%	15,990	\$35,177
Millbrae Elementary School District	2,349	30%	15%	35%	148,494	\$326,688
Pacifica School District	3,110	19%	6%	32%	245,937	\$541,061
Ravenswood City Elementary School District	3,269	91%	33%	55%	97,514	\$214,531
Redwood City Elementary School District	8,530	63%	27%	46%	352,394	\$775,267
San Bruno Park Elementary School District	2,454	48%	15%	37%	155,974	\$343,143
San Mateo Union High School District	9,885	24%	10%	17%	717,594	\$1,578,706
San Mateo-Foster City School District	11,576	30%	13%	27%	770,831	\$1,695,827
Sequoia Union High School District	10,238	49%	10%	20%	731,337	\$1,608,942
South San Francisco Unified School District	8,438	44%	11%	35%	594,022	\$1,306,849

**Breakfast Opportunity** (Increased # Meals if Breakfast Participation = 50%+)  
**Reimbursement Opportunity** (If Breakfast Participation = 50%+)

California Department of Education,  
 Student Poverty FRPM Data. April 2020.  
<http://www.cde.ca.gov>

Santa Clara County	Total Enrollment	% FRPM	Average Breakfast Participation per Day	Average Lunch Participation per Day	Breakfast Opportunity	Reimbursement Opportunity
Alum Rock Union Elementary School District	10,264	82%	41%	69%	159,652	\$351,234
Berryessa Union Elementary School District	6,842	31%	12%	37%	464,840	\$1,022,649
Cambrian School District	3,366	15%	8%	20%	254,868	\$560,709
Campbell Union High School District	8,465	32%	10%	16%	607,579	\$1,336,674
Campbell Union School District	6,974	44%	15%	38%	442,890	\$974,358
Cupertino Union School District	16,718	4%	4%	23%	1,390,699	\$3,059,539
East Side Union High School District	26,537	48%	10%	17%	1,895,140	\$4,169,307
Evergreen Elementary School District	10,426	35%	5%	36%	850,298	\$1,870,655
Franklin-McKinley Elementary School District	9,775	74%	24%	49%	449,695	\$989,330
Fremont Union High School District	11,071	19%	11%	12%	786,035	\$1,729,277
Gilroy Unified School District	11,672	57%	27%	43%	483,628	\$1,063,982
Los Gatos Union Elementary School District	6,520	4%	2%	6%	567,176	\$1,247,787
Luther Burbank School District	517	83%	78%	90%	0	\$0
Milpitas Unified School District	10,308	34%	14%	38%	660,305	\$1,452,671
Moreland School District	4,683	32%	19%	33%	264,118	\$581,060
Morgan Hill Unified School District	9,022	41%	13%	21%	599,401	\$1,318,683
Mount Pleasant Elementary School District	2,110	71%	40%	57%	36,346	\$79,962
Mountain View Whisman School District	5,082	34%	24%	33%	238,519	\$524,743
Mountain View-Los Altos Union High School District	4,548	31%	4%	9%	377,677	\$830,890
Oak Grove Elementary School District	9,757	44%	17%	36%	580,972	\$1,278,139
Orchard Elementary School District	853	47%	23%	42%	41,968	\$92,329
Palo Alto Unified School District	11,745	12%	3%	19%	988,948	\$2,175,685
San Jose Unified School District	30,172	49%	14%	31%	1,939,373	\$4,266,620
Santa Clara Unified School District	27,278	41%	8%	26%	2,058,758	\$4,529,268
Saratoga Union Elementary School District	1,705	2%	5%	22%	138,611	\$304,944
Sunnyvale School District	6,426	39%	17%	31%	383,886	\$844,549
Union Elementary School District	5,860	10%	5%	19%	472,956	\$1,040,502

**Totals for Both Counties:**

**Total Reimbursement Opportunity:** \$49,257,578

**Total Breakfast Opportunity:** 22,389,808

## End Notes

- <sup>1</sup> Food Research and Action Center, Breakfast for Learning. **October 2016.**  
<http://frac.org>
- <sup>2</sup> Census Bureau, Household Pulse Survey. **July 5, 2021.**  
<https://stanford-datalab.github.io/covid-19-ca/#food-insufficiency>
- <sup>3</sup> Food Research & Action Center, School Breakfast Scorecard, 2019-2020 School Year. **February 2021.**
- <sup>4</sup> Nutrition Reviews, Disparities in obesity prevalence due to variation in the retail food environment: three testable hypotheses. **April 2008.**  
<http://www.med.upenn.edu>
- <sup>5</sup> Food Research and Action Center, Breakfast for Learning. **October 2016.**  
<http://frac.org>

