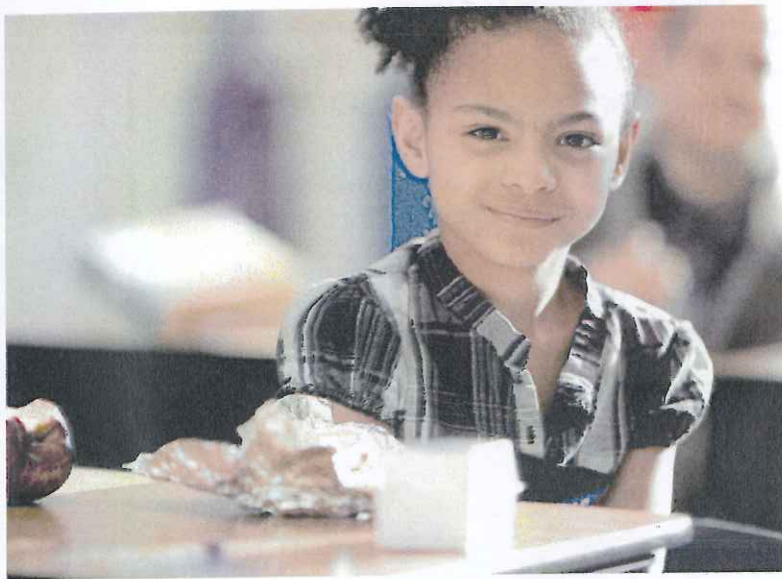


Philadelphia
SCHOOL BREAKFAST
Challenge

Did you know your child can receive a free breakfast at school everyday?

Every School District of Philadelphia student can get a free breakfast (and lunch) each school day. If you didn't know, it may be because your child's school requires students to get to school early to get breakfast. The Philadelphia School Breakfast Challenge partners group is to change this, because a healthy breakfast not only supports good health but enhances a child's ability to learn and succeed.



Students who eat school breakfast:

- Are absent or tardy less often
- Visit the nurse less often
- Earn better grades
- Perform better on standardized tests
- Have lower rates of illness
- Are less likely to be overweight
- Have fewer behavioral issues
- Have lower rates of depression, anxiety, and hyperactivity.

THE PHILADELPHIA SCHOOL BREAKFAST CHALLENGE: Oct. - Dec. 2017

Schools that enter the Challenge can receive technical assistance and support to improve their breakfast programs. The schools that have the largest gains in how many students they reach with school breakfast will receive prizes in **Spring 2018** (tentatively in early May).

CITY-WIDE PARTNERSHIP

Public and private agencies across the city are working together to coordinate and support the Philadelphia School Breakfast Challenge. The Challenge engages a range of businesses, foundations and other champions in fighting child hunger. For more information and a full list of partners, VISIT: www.phillyschoolbreakfast.org

Philadelphia ranked 44th of 73 large U.S. school districts

88,169 children eating school lunch each day in Philadelphia

53,152 children eating school breakfast each day in Philadelphia, 60% of those eating lunch

Yet, many schools fall below the Philadelphia average.

More than 80 School District schools serve breakfast to less than 1 in 3 students

Source: FRAC, "School Breakfast: Making it Work in Large School Districts," Feb. 2017"

SCHOOL BREAKFAST MODELS

Reaching more students with school breakfast is easier when it is served "**after the bell**" as part of the school day. Different models can be used:

- **Breakfast in the Classroom (BIC):** Often used for younger children, breakfast is served during the first 10-15 minutes of class, often while morning announcements happen or attendance is taken.
- **Grab and Go:** This often works well with older students or in schools that don't have the capacity to deliver breakfast to students. Grab and go breakfasts can be bought in the cafeteria or at kiosks throughout the school.
- **Second Chance:** is offered after first period. It can be eaten in the cafeteria during a break, on the way to class, or in the classroom, depending on what works best for the school. It may work best for older students who are often not hungry early in the morning.

Clean up for each of these models can be made easier if there is a system in place for students and staff to help. Students can clean up their trash, wipe desks, and bring trash to cans in hallways to be collected by custodial staff.

**In September:
Ask your child's school to enter the Challenge
- and -
Tell your child to give school breakfast a try!**