

GRAB & GO BREAKFAST



This alternative delivery model consists of

quick and easy meals

that are readily accessible in a variety of locations.

STUDENTS CAN GRAB BREAKFAST ON THEIR WAY INTO SCHOOL

before the bell or in between morning classes after the bell.

Most commonly found in middle or high schools, this delivery method also works well for schools that do not have the capacity to deliver food to each classroom or have infrastructure obstacles (e.g. multiple stories) that make classroom delivery impractical.



Facts

HUNGER STATS

IN ARIZONA
22.7%
OF CHILDREN
LIVE IN FOOD-
INSECURE HOMES.¹

HUNGRY CHILDREN HAVE
↓ LOWER ↓
TEST SCORES
AND ARE MORE
LIKELY TO REPEAT
A GRADE.²

CHILDREN WHO EAT BREAKFAST

DO BETTER IN SCHOOL
AND ARE MORE LIKELY TO
RETAIN WHAT THEY LEARN.²

GRAB & GO STATS

161 SITES IN ARIZONA SERVED GRAB & GO BREAKFAST DURING THE 2017-2018 SCHOOL YEAR.

“The Grab & Go breakfast option has worked great for our district.

It allows the students to continue to socialize with their friends before school starts but still get a balanced breakfast.

It also allows us to take breakfast to where the kids are: playground, courtyard, bus drop-off and/or parent drop-off.”



Carol Weekly, RD, SNS, Food Service Director,
Queen Creek Unified School District, #95.



Challenges & Solutions

CHALLENGE

Students don't go to the cafeteria before school.

SOLUTION

Use mobile kiosks or carts and take breakfast to the students.

SOLUTION

Set up multiple stations to decrease wait times and serve more students.

CHALLENGE

Tracking meal categories can be a tedious administrative process.

SOLUTION

Attach a mobile POS system to your kiosk so student meals can be counted wherever they receive a meal.

CHALLENGE

Students get to school just as the bell rings, so they don't have time to eat.

SOLUTION

Place Grab & Go stations at school entrances to facilitate easy access on the way to class.

SOLUTION

Work with teachers to allow students to eat in the classroom during the first few minutes of class.



Suggested Equipment & Supplies

- Mobile kiosks or carts
- Mobile point of service systems
- Additional trash bins
- Insulated bags, coolers, or other containers
- Napkins / wipes
- Paper bags (if breakfasts are packed into individual meals)



Funding & Technical Assistance

- Dairy Council of Arizona (DCAZ) & Fuel Up To Play 60 provide funding of up to \$4000
- Valley of the Sun United Way (VSUW) provides funding of up to \$4000
- Association of Arizona Food Banks (Aafb) provides training and technical assistance
- Arizona Department of Education provides toolkits, resources & technical assistance.
- Pre-designed marketing materials in English and Spanish



How do I get started?

- Review the AZ School Breakfast Toolkit
- Contact DCAZ and VSUW for start-up funding
- Contact AAFB and VSUW to set up staff presentation
- Plan and Implement your Grab & Go Breakfast program
- Update your site applications with ADE to reflect your new breakfast service model



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¹ Feeding America: *Map the Meal Gap 2018 Child Food Insecurity Report*. (2018). Retrieved from <https://www.feedingamerica.org/sites/default/files/research/map-the-meal-gap/2016/2016-map-the-meal-gap-child-food-insecurity.pdf>

² GENYOUth Foundation. *The Wellness Impact: Enhancing Academic Success through Healthy School Environments*. (2013). Retrieved from http://www.genyouthfoundation.org/wp-content/uploads/2013/02/The_Wellness_Impact_Report.pdf