

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: The Challenge will run from Oct.-Dec. 2017. Schools that have the largest gains in how many students they reach with school breakfast will receive prizes in spring 2018. Schools must sign up by September 30th to participate.

Ask your school to register at: www.phillyschoolbreakfast.org

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, see: www.phillyschoolbreakfast.org

Did you know: School Breakfast has changed in recent years

New federal nutrition standards require less sugar and salt, as well as more fruits, vegetables, and whole grains.

In addition, the School District has been working on local improvements:

- Hot and Cold breakfast options each day (*new this year!*)
- Better systems for individual schools to order menu items that meet student preferences
- More fresh hand fruits
- More student input

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

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

Reaching more students with school breakfast is easier when it is served "**after the bell**" as part of the school day. Schools can use:

- **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 when breakfast 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.

This September:

- 1) Ask your child's school to enter the Philadelphia School Breakfast Challenge, and,**
- 2) Tell your child to give school breakfast a try!**