



Students who regularly eat breakfast:

MISS LESS SCHOOL
(attend an average of 1.5 more days per year)



TEST SCORES RISE
(score 17.5% higher on math tests)



MAKE FEWER TRIPS TO THE NURSE



In 2016, Breakfast After the Bell legislation was signed into law. Starting in the 2017-2018 school year, Illinois schools with 70% or more of the student population eligible for free or reduced-price meals must offer Breakfast After the Bell—serving breakfast after the instructional day has officially started. Making breakfast part of the school day increases access to the nutrition all students require each morning to learn and succeed in the classroom.

Who are we?

Rise & Shine Illinois is a partnership of Share Our Strength's No Kid Hungry campaign. Rise & Shine works to end childhood hunger in Illinois ensuring all children get the healthy food they need every day. Our team collaborates with school districts to implement and expand Breakfast After the Bell programs.

How we can help?

- Connect with a School Breakfast Coordinator
- Apply for school breakfast grants
- Provide technical assistance
- For resources and to sign up for our E-newsletter visit riseandshineillinois.org

For more information email riseandshineillinois@gcfd.org.

Innovative Breakfast After the Bell Delivery Models

BREAKFAST IN THE CLASSROOM

Breakfast is delivered to each classroom after school begins. Students eat breakfast in the classroom during the first few minutes of the day when activities (i.e. attendance, turning in homework, morning announcements) are occurring. **Breakfast in the Classroom is one of the most effective ways to ensure all students have access to breakfast.**



Schools reach **88%** breakfast participation on average with this model

GRAB 'N' GO

Students pick up prepackaged breakfast from mobile service carts in high traffic areas (i.e. hallways, entryways). Students can eat in the classroom or designated areas on school grounds before and after the bell has rung. **Grab 'N' Go is most effective when carts are stationed in locations convenient to students and when students are able to eat in the classroom.**



Schools reach **63%** breakfast participation on average with this model

SECOND CHANCE BREAKFAST

Schools can serve breakfast in the same manner as they would with Grab 'N' Go. Students eat breakfast during a break in the morning, often after first period or midway between breakfast and lunch. **This model can be effective with older students who may not be hungry first thing in the morning.**



Schools reach **70%** breakfast participation on average with this model