



Fueling Students Today $\frac{1}{2}$ Tomorrow

2018 Illinois Child Nutrition Report





Illinois Child Hunger by the Numbers

Child Food Insecurity Rate: **17%**¹

Number of Food Insecure Children: **513,270**²

Childhood Poverty Rate: **18%**³

Percent of the Population Living Under 185 percent of the Federal Poverty Line: **27%**⁴



The Powerful Effects School Meals Can Have on Kids Facing Hunger⁵

77% of kids say school meals help them feel better, reducing headaches and upset stomachs

74% of kids say school meals help them pay attention and behave in the classroom

71% of kids say school meals help their grades

1,2 Gunderson, C., A. Dewey, A. Crumbaugh, M. Kato & E. Engelhard. Map the Meal Gap 2017: Food Insecurity and Child Food Insecurity Estimates at the County Level. Feeding America, 2017.

3,4 2016 U.S. Census American Community Survey 1-year estimates

5 Hunger in Our Schools Report, 2017 Survey. Research conducted by SalterMitchell in partnership with No Kid Hungry. The three numbers include children who agreed with the statement or felt neutral/did not disagree.



Executive Summary



In Illinois, more than 1 in 6 children do not know where their next meal will come from and as a result, many children struggle with food insecurity across the state.

The National School Breakfast, After-School, and Summer Meal Programs are crucial supports to children and families struggling with hunger. When the school bell rings at the start of the day, after school, and during the summer these programs provide the nutritious food children need to learn and grow.

SNAPSHOT: CHILD NUTRITION PROGRAMS IN ILLINOIS⁶

Breakfast participation dipped slightly from 37% in the 2015-2016 school year to 36% in the 2016-2017 school year; however, with Breakfast After the Bell going into effect in the 2017-2018 school year breakfast participation is expected to increase in schools implementing Breakfast After the Bell programs.

The At-Risk After-School Meals Program saw subtle growth from 2016 to 2017 in sponsors (9%) and sites (3%).

Growth in the total summer meals and snacks served statewide was modest with more than a 1% increase from 2016 (5.3 million) to 2017 (nearly 5.4 million).

Launched in 2012, from a recommendation of the Illinois Commission to End Hunger, Rise & Shine Illinois is a partnership of Share Our Strength's No Kid Hungry campaign and the Greater Chicago Food Depository. 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 stakeholders, government agencies, and non-profit organizations to implement and expand Breakfast After the Bell, At-Risk After-school, and Summer Meal programs throughout the state. Through outreach we inform, educate, and build awareness around child nutrition programs.

2017 Childhood Hunger Relief Milestones

- The 2017-18 school year ushered in **the full implementation of the Breakfast After the Bell law**. Schools with 70 percent or more of the student population eligible for free or reduced-price meals are required to offer Breakfast After the Bell—serving breakfast as part of the school day.
- **The Playbook: Breakfast After the Bell Tool Kit was developed** as an online resource designed to guide schools through a smooth Breakfast After the Bell implementation and create a sustainable program.⁷
- **Rise & Shine Illinois distributed more grant funds than ever before** - \$138,795 to 16 school districts and 42 schools to facilitate Breakfast After the Bell programs.
- **Customizable At-Risk After-school Meal Promotional Flyers** were created for the promotion and marketing of programs and sites.⁸
- Community Organizing and Family Issues (COFI) partnered with Rise & Shine to increase participation in the Summer Meals Program. **Parent ambassadors from the non-profit organization worked to raise awareness of the program** by engaging in outreach efforts in three high-need communities. Ambassadors knocked on 10,395 doors and distributed information about summer meal sites in these areas.⁹

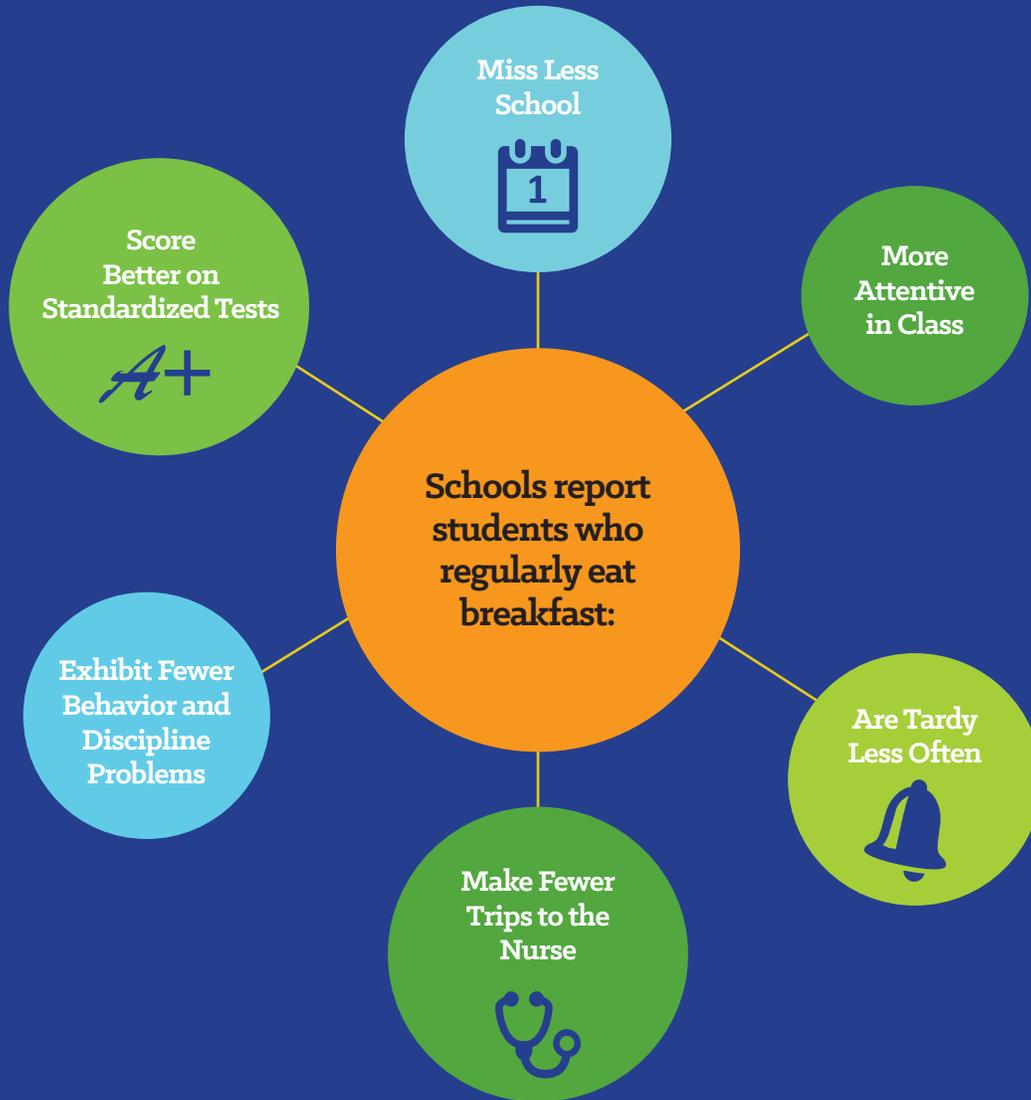
This report highlights the strides that have been made to increase participation in Breakfast After the Bell, At-Risk After-school, and Summer Meal Programs while acknowledging the opportunities to grow and expand access to healthy meals year-round for children at-risk of hunger throughout the state.

⁶ The Illinois State Board of Education (ISBE) provided the Greater Chicago Food Depository (GCFD) Breakfast, At-Risk After-school, and Summer Meal data as of December 2017.

^{7,8} The Playbook: Breakfast After the Bell Tool Kit & At-Risk After-school Meal flyers can be found at Rise & Shine Illinois website.

⁹ COFI parents were featured on CNN canvassing a neighborhood in the summer of 2017.

Benefits of Breakfast After the Bell



“Discipline referrals and visits to the nurse by students complaining of stomachaches because they are hungry and need a morning snack have decreased.”

- Principal Mike Smith, Nancy Hill Elementary School, West Aurora School District 129

National School Breakfast Program (NSBP) in Illinois: By the Numbers ¹⁰

The number of public schools serving breakfast participating in the Community Eligibility Provision (CEP) has increased.

1,216 schools offered free breakfasts to all students in SY16-17, up from 1,198 schools in SY15-16.

The percentage of students eligible for free/reduced-price school breakfast increased.

67% of Illinois school children qualified in SY16-17, up from 65% in SY15-16

Average Daily Participation in free/reduced-price breakfast in schools required to implement Breakfast After the Bell has increased 1.5%.

266,023 students on an average day in SY17 compared to 262,205 in SY16.

More schools required to implement Breakfast After the Bell are reaching the benchmark of serving 70% of free/reduced-price eligible school lunch participants with school breakfast.

36%, or 476, of schools affected by the Breakfast After the Bell law met this benchmark in SY16-17, compared to 34%, or 434, of affected schools in SY15-16.

Funding available if all schools reached 70% of free/reduced-price eligible school lunch participants with school breakfast:

Nearly **\$42 million** of which \$36 million is available to Breakfast After the Bell affected school districts.



“We are doing the smart thing here making sure all of our kids are on the right track when they start their day.”

— Superintendent Matthew Brue, of Porta Community Unit School District (CUSD) 202



¹⁰ Based on breakfast data ISBE provided GCFD as of December 2017. The breakfast data focuses on public, non-specialized schools.

Breakfast After the Bell Delivery Models ¹¹

Traditional breakfast in the cafeteria before school doesn't reach most students. As a result, thousands of students in Illinois start their morning without breakfast. Making breakfast part of the school day increases access to the nutrition all students require each morning to learn and succeed in the classroom.



Three delivery models that have proven to be effective:

<p>Breakfast in the Classroom</p> 	<p>Breakfast is delivered to classrooms via coolers or insulated bags. Students eat breakfast in the classroom during the first few minutes of the day.</p>	<p>Most effective way to ensure all students have access to breakfast.</p>	<p>Schools reach 88% breakfast participation on average with this model.</p> <p>Schools reach 90% breakfast participation on average with this model if breakfast is free to all students</p> <p><small>(see Community Eligibility Provision on pg. 11)</small></p>
<p>Grab 'N' Go</p> 	<p>Students pick up prepackaged breakfast from mobile service carts in high traffic areas when they arrive at school (i.e. hallways, entryways). Students can eat in the classroom or designated areas on school grounds before and/or after the bell has rung.</p>	<p>Most effective in middle and high schools because it is flexible and can accommodate varying schedules and students who are on the move.</p>	<p>Schools reach 63% breakfast participation on average with this model.</p>
<p>Second Chance</p> 	<p>Schools can serve breakfast in the same manner as they would with Grab 'N' Go to the Classroom. Students eat breakfast during a break in the morning, often after 1st or 2nd period.</p>	<p>Most effective in high schools as older students may not be hungry first thing in the morning.</p>	<p>Schools reach 70% breakfast participation on average with this model.</p>

Note: Breakfast After the Bell programs often incorporate elements of multiple models and can look different in each school. Breakfast After the Bell programs on average take 10-15 minutes.

¹¹ Share Our Strength's No Kid Hungry, Center for Best Practices Resource: Innovative Breakfast Delivery Options. Participation estimates based on analysis by Share Our Strength of free and reduced-price participation rates in the school breakfast program in over 850 schools.

Everyone Working Together Makes Breakfast Easy¹²

Teachers or other staff initially concerned about Breakfast After the Bell cutting into instructional time find it easy to incorporate breakfast into their morning routines. Students eat breakfast while teachers conduct a wide-range of activities such as taking attendance, morning announcements or review of the prior day's lesson. Some schools give teachers the flexibility to decide what classroom activities will take place while students are eating breakfast.

“Ahora Llamando A La Mesa Número Uno!”

“We use breakfast time as part of our dual language program,” said Ms. Escobedo, Kindergarten Teacher at Emerson Elementary School in Berwyn South School District 100.

Students are assigned a day in the week that they help with breakfast. If students are learning Spanish, they practice by standing in front of the classroom calling tables of students in Spanish to come get their breakfast. If students are learning English, they call tables in English.

Each school will have a different set up, depending on the layout of the building, staffing, and period that breakfast is served. The school administration, custodial staff, and teachers work together to devise a breakfast delivery and clean-up plan that is quick and easy while fitting the needs of the school. When breakfast is served in the classroom teachers may help quickly record who receives breakfast each morning. Meal count rosters are then returned to the Food Service Staff to be input in their system. Students are provided supplies to clean up after themselves after eating and dispose of their own garbage, which facilitates student involvement and ownership of the program.

Clean up ideas include, but are not limited to:

- Using separate trash cans and heavier trash bags specifically for breakfast waste
- Using buckets or classroom sinks to collect any liquid waste
- Disposing of breakfast waste, immediately after eating

¹² Share Our Strength's No Kid Hungry, Center for Best Practices Resource: Teacher Guide—Breakfast After the Bell Set Up and Clean Up

Spotlight: Leal Elementary Tried It & Liked It

“Try it, like it,” said Principal Spencer Landsman of Leal Elementary School when asked what advice he would give another school transitioning away from the traditional cafeteria model.

Urbana School District 116 implemented Breakfast After the Bell district-wide in the 2017-18 school year. Leal Elementary School was one of the schools in the district that received a Rise & Shine Illinois school breakfast grant to purchase equipment for its Breakfast in the Classroom program.

Around 7:45 a.m. breakfast staff load insulated bags filled with breakfast items on two large rolling carts and deliver breakfast to each classroom by 8:00 a.m. Leal's first bell rings at 8:10 a.m. Students enter the classroom and pick up a breakfast (entrée, fruit, juice). Teachers remove a laminated sheet with student barcodes from the sleeve of the insulated bag and circle those that took a breakfast. Teachers put the laminated sheet back into the sleeve of the insulated bag for staff to pick up and scan into their system after breakfast is over. After students dispose of their garbage, the custodian staff collects the bags.

With moving breakfast into the classroom Landsman expressed that teachers were concerned about spills but “spills have been minimal. We don't have a lot of them.”

Most classrooms are done with breakfast by 8:25 or 8:30 a.m. Teachers take attendance, do lunch counts, and/or conduct morning meetings which is a check-in time where teachers do community building activities with students while they are eating.



Ways to Make Breakfast After the Bell Work in Middle and High School¹³

1 Make Students Part of the Conversation

Engaging students in the planning process and soliciting their feedback can help them be more involved with your breakfast program.

- Students can help distribute surveys to their peers to inquire about perceptions of the breakfast program.
- Select student ambassadors to get student feedback on the breakfast menu and incorporate some of those suggestions.
- Hold a taste test of breakfast items when selecting/ changing vendors.

2 Consider the Layout of Your School, Staffing, and How Breakfast Can Be Easily Accessible to Students When Choosing a Delivery Model

Some middle and high school students end up skipping breakfast because they are not hungry first thing in the morning or because socializing with friends is more appealing than eating breakfast in the cafeteria before school. Breakfast After the Bell delivery models can overcome these barriers but it is essential to choose a model or hybrid of models that best fits your school.

3 A Nudge in the Right Direction

A nudge is a subtle act of positive reinforcement and indirect suggestions that try to influence student behavior. Nudges can take on many forms, but a common approach is to have school staff inquire about and encourage students to eat breakfast. This can be done in the hallways as students are walking to class, as students arrive in their first period classroom, or as they come off of the school bus. Student ambassadors can also be effective in middle and high school nudging their peers to eat breakfast.

¹³ Based on Share Our Strength's No Kid Hungry, Center for Best Practices
Resource: Making Breakfast After the Bell Work in Middle and High School



Focusing on the Students

Berwyn North School District 98 selected two student ambassadors from each grade level to talk to their peers about the type of meals they were receiving at school. Student ambassadors armed with their peer's feedback attended a meeting with the food service vendor for the district. Ambassadors asked questions and spoke on what students liked and disliked about the meals. The district incorporated some of the menu changes students asked for.

"By giving students input on what they had for breakfast made them feel a part of the process and that they had choices when eating their meals," said Regina Johnson, District Business Manager.



Spotlight: Cicero Makes It User Friendly

Over the flurry of students rushing into Unity Junior High School, you hear breakfast staff saying, “Good morning, I know you guys want breakfast! We got yogurt and apples today!” and “How about some breakfast?” Students grab breakfast off a table in the hallway. The brown paper bags rustle in student’s hands as they open and close them, making their way to class.

Unity is in Cicero School District 99 and started its Grab ‘N’ Go to the Classroom program in the 2017-18 school year. The 2017-18 school year is also the first year Grab ‘N’ Go to the Classroom was implemented district-wide (the Cicero District is composed of 16 schools).

“We noticed a lot of the food was not being consumed by students when breakfast was served in the cafeteria before school started. When students didn’t eat breakfast, they didn’t have the energy they needed throughout the day,” said Rudy Hernandez, Cicero Superintendent.

The district initially piloted Breakfast After the Bell in three of its schools. After getting feedback from staff and students in those schools it was gradually rolled out in all of the district’s other schools.

Because every school is unique Jan Wolff, Food Service Director, and Michele Maniglia, Food Service Manager, worked to institute a plan of how Grab ‘N’ Go to the Classroom would be set up and run at Unity to fit the needs of the students and staff.

Unity has about 2,500 students, “I thought it was going to be a challenge to feed over a thousand students but it’s not. It runs smoothly,” said Maniglia. A separate staff was hired at Unity to work three hours in the morning just for breakfast.

Teachers were concerned about Breakfast After the Bell taking away from instructional time and being messy in the classroom.



“Teachers have seen that it’s not impacting instructional time. The 10-15 minutes that students are eating, teachers take attendance and do their routine morning activities,” said Wolff.

When teachers arrive in the morning, a folder adorned with a silver ring containing a class roster is in their mailboxes. As students come in to class with a breakfast, teachers place a check by their name. Once the roster has been completed teachers put it back into the folder and slide the ring on the exterior of the door. Food Service Staff pick up the folders after breakfast and input the breakfast count into their system. “Teachers thought they would have to send a student down with the roster but by doing it this way there is no interruption to the classroom,” said Maniglia.

Separate garbage cans were purchased for breakfast. If a spill occurs in a classroom, rather than calling the office, teachers signal a custodian by leaving the garbage can in the classroom. The custodian then knows there is a spill and comes to clean it up.

Addressing logistical and staff concerns have made for a smooth transition from the traditional cafeteria model to Breakfast After the Bell at Unity.

“As with any program you have to make it user friendly for staff and students,” said Wolff.

Spotlight: If They See It at Curie, They Will Come

At 7:00 a.m. students entering through one of two doors fill the main hallway of Curie High School where the Grab 'N' Go breakfast station is set up. Stopping to check out the display of what's in the white and red bag (hot breakfast) and the white and blue bag (cold breakfast); students then grab a hot or cold breakfast bag, an apple, and milk. With a scan of their student identification card, students disperse in multiple directions.

Though in 2010 Breakfast After the Bell was not part of any policy in Chicago Public Schools (CPS), Breakfast in the Classroom was a common practice in all its elementary schools. CPS adopted a wellness policy in 2017 to codify and advance existing practices. The 2017 plan included Breakfast After the Bell, which paved the way for the program to be implemented in CPS high schools.

All CPS schools utilize the Community Eligibility Provision (CEP), which allows all students to eat for free.



Students eat breakfast at their lockers, on their way to class, in the classroom, or in the cafeteria if they have first period free.

“Having Grab 'N' Go set up in the hallway helps us reach more students. Instead of having them come to us to get breakfast in the cafeteria we have brought breakfast to them,” said Curie Dining Manager, Voula Xiftperis.

Since implementation there has been an upward shift in the number of students eating breakfast.

“We are feeding more students than we have before. We were serving about 150 students daily when breakfast was in the cafeteria before school. After starting Breakfast After the Bell we are up to 500 students eating breakfast daily,” said Xiftperis.

Grab 'N' Go operates through first period, which starts at 7:30 a.m. closing down at 8:30 a.m.

Garbage cans are stationed throughout the school for students to easily dispose of their garbage.

The way Curie has set up their Grab 'N' Go program has made it a huge success, giving more students the opportunity to have breakfast.

“If students see it, they will come and eat as opposed to having to search for it,” said Food Service Manager, Fabi Acevedo.



Show Me the Money

The Community Eligibility Provision (CEP) is an option of the United States Department of Agriculture (USDA) funded School Nutrition Programs administered by the Illinois State Board of Education (ISBE) that makes it easier for schools and districts to provide reimbursable free breakfasts and lunches to 100% of their students.

Three Things to Know: How CEP Can Help Your School

1 Streamlines nutrition program administration which simplifies implementation of Breakfast After the Bell programs for staff. Schools no longer need to collect meal payments or process school meal applications.

2 Maximizes reimbursements—Schools above 62.5% “identified students” (the percentage of students who are certified for free meals without a paper application because they have been found eligible for other need-based programs) have 100% of meals reimbursed at the free rate.

3 Removes the stigma associated with only providing free and reduced-price meals to low-income students. 100% of students eat at no charge, and no child at a CEP school will ever receive an “alternate” meal, or be denied a meal, due to a negative account balance.

Visit fns.usda.gov to use the USDA’s CEP Estimator Tool. This tool can help compare the estimated federal reimbursement and assesses different groupings to optimize the reimbursement. Visit isbe.net for ISBE’s Illinois specific tool to evaluate CEP.

CEP Works to Provide Free Breakfast, Lunch to Students in Three Quincy Schools¹⁴

Students at the Early Childhood and Family Center, the Academic Behavior and Community Academy, and the Adams County Regional Safe Schools in the Quincy Illinois School District will be eligible for free meals during the 2018-19 school year. School leaders say the program is made possible through the Community Eligibility Provision.

“The Community Eligibility Provision is a program that allows us to do less paperwork at our schools but still feed the students for free,” Director of Food Service Jean Kinder said.

Grants:

Rise & Shine Illinois School Breakfast Grants brought to you by No Kid Hungry will support schools implementing or preparing to implement a Breakfast After the Bell delivery model (Breakfast in the Classroom, Grab ‘N’ Go, or Second Chance Breakfast) with the purchase of approved equipment, supplies, or materials to facilitate increased student participation in school breakfast. Maximum request amount is \$5,000 per school. Visit riseandshineillinois.org for more information.

ISBE grants brought to you by the USDA Food and Nutrition Service (FNS) provides school districts/sponsors participating in the National School Lunch Program (NSLP) with assistance purchasing equipment to serve healthier meals, improve food safety, and expand access. Visit isbe.net for more information.

Action for Healthy Kids provides grants to increase school breakfast participation by implementing alternative breakfast models like Breakfast in the Classroom, Grab ‘N’ Go or other innovative models. Visit actionforhealthykids.org for more information.

Fuel Up to Play 60 provides grants up to \$4,000 per year to qualified K-12 schools enrolled in Fuel Up to Play 60 to jumpstart healthy changes. Visit fueluptoplay60.com for more information.

¹⁴ Gertz Husar, Deborah. Herald-Whig. Quincy School District to offer free breakfast, lunch at three QPS schools beginning in 2018-19. Posted: January 26, 2018 <http://www.whig.com/20180127/quincy-school-district-to-offer-free-breakfast-lunch-at-three-qps-schools-beginning-in-2018-19/#/>



Breakfast Key Findings

	DISTRICT	COUNTY	Enrollment SY17	Eligibility Rate FR SY17	Has at least one CEP school in district?	Breakfast After the Bell - Affected District (based on site level SY16 FR eligibility)	Percent change in % of F/R Lunch Participants that also Participated in Breakfast SY16 - SY17	SY17 Percent of F/R Lunch Participants that also Participated in Breakfast	# of additional students that would receive breakfast if all schools in district reached the gap to 70%	Total Additional Funding Possible if Gap to 70 was reached by all district schools
Top 10 Enrollment 10,000+	Peoria SD 150	Peoria	15,137	95%	CEP	Yes	2%	82.3%	592	\$158,370
	Aurora West USD 129	Kane	12,397	67%	CEP	Yes	6%	59.3%	1,446	\$294,624
	Noble Street Charter Schools	Cook	12,066	89%	No CEP	Yes	-4%	59.0%	896	\$241,298
	City of Chicago SD 299	Cook	339,247	100%	CEP	Yes	-2%	58.3%	38,323	\$11,811,524
	Cicero SD 99	Cook	11,938	92%	CEP	Yes	7%	53.1%	1,898	\$586,543
	Springfield SD 186	Sangamon	14,307	100%	CEP	Yes	1%	53.0%	2,009	\$587,161
	CUSD 300	Kane	20,195	44%	CEP	Yes	-5%	52.8%	1,607	\$237,993
	Valley View CUSD 365U	Will	16,673	58%	No CEP	Yes	-5%	47.0%	1,824	\$349,782
	Township HSD 211	Cook	11,902	32%	No CEP	No	0%	42.1%	660	\$87,806
	McLean County USD 5	McLean	13,461	30%	No CEP	Yes	-18%	40.0%	933	\$99,903
Top 10 Enrollment 10,000-5,000	Maywood-Melrose Park-Broadview 89	Cook	5,016	100%	CEP	Yes	0%	100.0%	-	\$-
	Decatur SD 61	Macon	8,261	100%	CEP	Yes	2%	72.7%	579	\$180,003
	Danville CCSD 118	Vermilion	6,016	100%	CEP	Yes	13%	55.2%	802	\$266,729
	Granite City CUSD 9	Madison	5,968	79%	CEP	Yes	12%	55.0%	505	\$124,313
	Bloomington SD 87	McLean	5,111	55%	CEP	Yes	2%	54.1%	393	\$83,200
	East St Louis SD 189	Saint Clair	5,775	100%	CEP	Yes	-3%	52.8%	766	\$256,862
	Collinsville CUSD 10	Saint Clair	6,627	55%	CEP	Yes	12%	52.5%	457	\$88,703
	Edwardsville CUSD 7	Madison	7,551	16%	No CEP	No	-5%	50.5%	183	\$9,281
	Kankakee SD 111	Kankakee	5,025	100%	CEP	Yes	1%	50.2%	799	\$254,659
	Quincy SD 172	Adams	6,730	61%	No CEP	Yes	0%	49.0%	641	\$121,943
Top 10 Enrollment 5,000-2,500	Addison SD 4	Dupage	4,229	64%	No CEP	Yes	0%	100.0%	-	\$-
	Dolton SD 149	Cook	2,748	94%	CEP	Yes	-1%	97.5%	-	\$-
	Berwyn South SD 100	Cook	3,858	100%	CEP	Yes	-4%	78.2%	136	\$44,659
	Harvard CUSD 50	McHenry	2,640	91%	CEP	Yes	2%	78.1%	234	\$73,252
	Cook County SD 130	Cook	3,298	84%	No CEP	Yes	3%	68.0%	266	\$75,873
	Cahokia CUSD 187	Saint Clair	3,430	100%	CEP	Yes	-1%	62.6%	221	\$74,016
	Belleville SD 118	Saint Clair	3,913	66%	No CEP	Yes	-1%	60.5%	211	\$45,780
	West Chicago ESD 33	Dupage	4,420	100%	CEP	Yes	3%	59.1%	540	\$177,539
	Taylorville CUSD 3	Christian	2,576	53%	No CEP	No	-9%	57.0%	214	\$34,362
	Jersey CUSD 100	Jersey	2,669	46%	No CEP	No	2%	55.0%	120	\$18,996
Top 10 Enrollment <2,500	CCSD 168	Cook	1,415	100%	CEP	Yes	6%	100.0%	-	\$-
	Instituto Health Sciences Career Charter Academy	Cook	759	98%	No CEP	Yes	0%	100.0%	-	\$-
	Lincoln ESD 156	Cook	917	98%	No CEP	Yes	0%	100.0%	-	\$-
	Perspectives Charter School	Cook	1,717	100%	CEP	Yes	-8%	100.0%	-	\$-
	Worth SD 127	Cook	984	80%	CEP	Yes	-20%	100.0%	-	\$-
	Country Club Hills SD 160	Cook	1,269	74%	No CEP	Yes	6%	98.8%	-	\$-
	Chicago Ridge SD 127-5	Cook	1,369	100%	CEP	Yes	-2%	94.0%	38	\$13,047
	North Palos SD 117	Cook	750	45%	No CEP	No	9%	86.9%	-	\$-
	Calumet City SD 155	Cook	1,044	93%	No CEP	Yes	3%	86.7%	-	\$-
	Hoover-Schrum Memorial SD 157	Cook	884	98%	CEP	Yes	-8%	83.7%	12	\$4,092

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Top 10 Enrollment <500	Chaney-Monge SD 88	Will	428	100%	CEP	Yes	-3%	100.0%	-	\$-
	Pinckneyville CHSD 101	Perry	429	37%	No CEP	No	6%	100.0%	-	\$-
	Spring Lake CCSD 606	Mason	49	100%	CEP	Yes	6%	100.0%	-	\$-
	Union SD 81	Will	101	92%	CEP	Yes	0%	100.0%	-	\$-
	Venice CUSD 3	Madison	59	100%	CEP	Yes	6%	94.4%	-	\$-
	Burnham SD 154-5	Cook	198	100%	CEP	Yes	-6%	94.0%	-	\$-
	Cypress SD 64	Johnson	130	49%	No CEP	No	0%	91.0%	-	\$-
	Ashley CCSD 15	Washington	168	100%	CEP	Yes	2%	90.9%	-	\$-
	East Dubuque USD 119	Jo Daviess	302	29%	No CEP	No	0%	90.2%	-	\$-
	Gen George Patton SD 133	Cook	280	100%	CEP	Yes	76%	88.0%	-	\$-

Visit riseandshineillinois.org to view the full version of breakfast data.

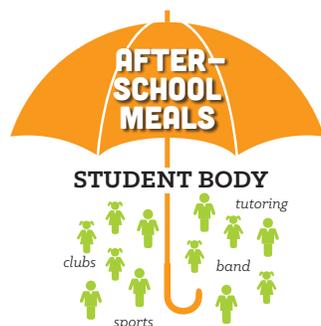
School Districts That Reached or Exceeded 70% of Free and Reduced Lunch Participation That Also Participated in Breakfast in SY 16-17

- | | | |
|-----------------------------|--|-----------------------------|
| Addison SD 4 | East Alton SD 13 | Opdyke-Belle-Rive CCSD 5 |
| Alden Hebron SD 19 | East Dubuque USD 119 | Payson CUSD 1 |
| Allendale CCSD 17 | Elverado CUSD 196 | Pembroke CCSD 259 |
| Alsip-Hazlgrn-Oaklwn SD 126 | Galapagos Rockford Charter | Peoria SD 150 |
| Armstrong-Ellis Cons SD 61 | Geff CCSD 14 | Perspectives Charter School |
| Ashley CCSD 15 | Gen George Patton SD 133 | Pikeland CUSD 10 |
| Berwyn South SD 100 | Grand Prairie CCSD 6 | Pinckneyville CHSD 101 |
| Bethel SD 82 | Harvard CUSD 50 | Pleasant Valley SD 62 |
| Buncombe Cons SD 43 | Hoover-Schrum Memorial SD 157 | Pope Co CUD 1 |
| Burnham SD 154-5 | Instituto Health Sciences Career Charter Academy | Raccoon Cons SD 1 |
| Cairo USD 1 | Jackson Charter School | Riverton CUSD 14 |
| Calumet City SD 155 | Kansas CUSD 3 | Scott-Morgan CUSD 2 |
| CCSD 168 | Laraway CCSD 70C | South Holland SD 151 |
| Chaney-Monge SD 88 | Lick Creek CCSD 16 | South Pekin SD 137 |
| Chicago Ridge SD 127-5 | Lincoln ESD 156 | Spring Garden CCSD 178 |
| Christopher House Chrt ES | Ludlow CCSD 142 | Spring Lake CCSD 606 |
| Country Club Hills SD 160 | Maywood-Melrose Park-Broadview 89 | Union SD 81 |
| County of Union SD 43 | Meridian CUSD 101 | V I T CUSD 2 |
| Cypress SD 64 | Murphysboro CUSD 186 | Venice CUSD 3 |
| Dallas ESD 327 | New Hope CCSD 6 | Wood Dale SD 7 |
| Decatur SD 61 | North Palos SD 117 | Worth SD 127 |
| Dolton SD 148 | North Wayne CUSD 200 | |
| Dolton SD 149 | Oakdale CCSD 1 | |
| Dwight Common SD 232 | | |

After-School Meals: Reaching More Kids Under the Umbrella

The Healthy, Hunger Free Kids Act of 2010 permanently authorized the At-Risk After-school Meals Program as part of the Child and Adult Care Food Program (CACFP). Through the At-Risk After-school Meals Program, the USDA provides reimbursements administered by the Illinois State Board of Education (ISBE) for snacks and meals served at after-school programs.

The At-Risk After-school Meals Program helps students get nutritious meals in a safe, supervised setting. For many students, this is their only opportunity to access a healthy meal after the school day ends.



The Umbrella Model¹⁵ is an after-school delivery model that is open to any student in the building during after-school hours. As long as enrichment programming is available, students participating and those not participating in the activity are able to receive

a meal or snack. While an attendance record along with the meal count is required, there is no requirement for meal recipients to be enrolled in the after-school program (siblings who attend another school could join their brother or sister for a meal).

Meals are served in a central or easily accessible location.

The Umbrella Model has most commonly been used in school-based settings where many activities may occur throughout the afternoon while also remaining open to non-participating students. This model may also be expanded to community-based after-school programs.

¹⁵ Laura Hatch and Carolyn Wait, MPH, RD: Opening Up the Umbrella . School Nutrition Association September 2017 digital magazine, pages 23-24; Share Our Strength's No Kid Hungry, Center for Best Practices Resource: CACFP After-school Meals Program Expansion with the Umbrella Model

Eligibility Requirements:

- A public or private non-profit
- Located in an area where 50% or more of the students are eligible for free or reduced-price meals
- Operate after-school on weekdays, weekends, or during school holidays
- Offer regularly scheduled educational or enrichment activities
- Serve youth aged 18 or younger
- Meet state and local health and safety requirements



Spotlight: Elgin Program Filling a Need After-School

Milly Acevedo is the lead teacher at the YWCA Elgin's School-Age Child Care (SACC) program. She's held this position for most of her career, and wouldn't have it any other way.

Coming up with enough money for nutritious meals after-school and on weekends is a challenge for many families during the school year.

The kids are excited to have a delicious and filling meal before returning home each day.

Acevedo says the importance of this program, which relies on Northern Illinois Food Bank and its supporters, can't be overstated. She shares that many of the girls and boys she works with can't always count on an evening meal—as the money just isn't there for their parents to buy groceries all the time.

"The kids are always hungry when they get here," Acevedo said. "For some of them, the snack is all they get."



After-School Key Findings

	Number of sites 2017	Total CACFP at Risk 2017 Suppers Provided, Oct 2016-May 2017	Total CACFP at Risk 2017 Snacks Provided, Oct 2016-May 2017	CACFP at Risk Supper Average Daily Participation, No Snacks, SY2017
Cook	585	2,947,802	570,076	32,774
Rest of IL	343	1,136,612	837,101	9,711
IL State Total	928	4,084,414	1,407,177	42,485

Visit riseandshineillinois.org to view the full version of After-school data.

"I can't afford to send them to school with fresh fruit, so it's great that they're getting it here."

- Mercedes Cruz (a parent who sends her kids to the Rauner Family Y in Little Village After-school Meals Program)

Summer Meals: Closing the Gap

Summer can be the hungriest time of the year for kids and the most expensive time for parents. Kids and parents who rely on free or reduced-price meals through NSLP no longer have access to these meals when school is out for the summer. To help close this gap, the Summer Food Service Program (SFSP), also known as the Summer Meals Program serves free meals to kids 18 and under during the summer months, helping families make their food budgets work.

The Summer Meals Program is funded by the USDA and administered by ISBE.

This program continues to be severely underutilized by many families and kids. Barriers like transportation, unsafe streets, distance and lack of awareness stop many from accessing the program and getting the food they need.

Innovative strategies and leveraging partnerships can increase awareness and participation in the Summer Meals Program. Additionally, there are opportunities to update the federal policy that governs the program to support and strengthen existing summer meals sites through policies that make it easier for states to reach low-income children.

Lt. Governor's Challenge Aimed to Increase Summer Meals

"Child hunger has no summer break. That is why the Summer Meals program is so important. We must ensure children have access to nutritious and reliable meals all summer long." - Lt. Governor Sanguinetti¹⁶

As part of the 2017 National School Breakfast Week (NSBW), Lt. Governor Evelyn Sanguinetti issued a state-wide challenge to increase the number of summer meal sites. The challenge helped to decrease the number of counties having zero Summer Meal sites from 35 in 2016 to 27 in 2017.¹⁷

¹⁶ 2017 Summer Meals Kick-off Event in Horner Park Press Release

¹⁷ ISBE provided GCFD Summer Meal site data as of December 2017.

Spotlight: A Mobile Response to Summer Meals

Summer means kids no longer have access to free or reduced-price school meals, which can put a strain on food budgets for many families. This is where the Greater Chicago Food Depository's Lunch Bus filled in.

Every day, Darius ran to the Lunch Bus and waited at the park before distribution started. His mom, Karon Shelton, said some days he woke up at 7 a.m. asking to go down to the park. "He would say, 'Let me go see my friend down there' and I said, 'Who?' He would yell, 'The Lunch Bus, the Lunch Bus,'" Karon said. Darius, who lives just up the street from Downey Park in south suburban Calumet City, is just one of the kids who received a summer meal from the Lunch Bus last summer.

The mobile summer meal program traveled to 24 sites on four different routes: the north city, south city, south suburbs and west suburbs. Each bus made six stops a day at a variety of places including libraries and parks.

The Lunch Bus sites served approximately 4,000 meals every week during the summer months. All meals included a sandwich, a side of fruit, a side of vegetables and a carton of milk.

Jill Koontz and her daughters went to the Lansing Library Lunch Bus stop every day. Jill said the Lunch Bus was "hugely helpful" because the summers can be tough for her family.



Suggested Tactics to Increase Meal Participation

- **Enrichment Activities** - Explore partnerships in the summer that can provide an activity or resource for kids. Enrichment activities can build excitement for kids and keep them engaged. Create a flyer to get the word out to parents and the community.
- **Pilot shelf-stable adult meal kits alongside summer meals**—Realizing that there may be a need across the whole family unit, providing adult meals could prove to be a motivation for parents that bring their children to a Summer Meal site to stay and eat with them. *Note: adult meals are not reimbursable.*
- **Work with meal providers to conduct focus groups.** Direct feedback from children and youth on the meals can play an important role in kids coming to and returning to sites. It’s also important to tailor menus according to cultural or religious backgrounds of the community you serve and consider a universal packaging (clear wrapping or lids show off options for the day) that will appeal to younger as well as older kids.¹⁹
- **Time Meals for Maximum Participation**—During the summer, older kids are more likely to be awake and ready to eat breakfast later in the morning. After-school meal sites often have the highest participation when serving meals at the beginning of the program or right at the final bell.²⁰
- **Libraries** are locations that already have programing and can operate as an After-school and/or Summer Meals site. Providing year-round meals can enhance your program while feeding more kids. Be creative in thinking about



staffing—are there programs in your area that connect youth with employment opportunities? Does your library offer volunteer opportunities to youth? Youth can help support meal distribution and outreach efforts.

For information on starting an After-school Meals program, sponsoring, or becoming a Summer Meals site visit ISBE’s website, isbe.net/nutrition, e-mail cnp@isbe.net, or call 217-782-249.

^{18,19} Share Our Strength’s No Kid Hungry, Center for Best Practices Resource: Optimizing Summer and After-School Meal Service

Summer Key Findings

	Number of sites 2016	Total Summer May-September 2016 Meals Provided	Total Summer May-September 2016 Snacks Provided	Number of sites 2017	Total Summer May-September 2017 Meals Provided	Total Summer May-September 2017 Snacks Provided	% Change in Meals Provided 2016 to 2017
Cook	1,313	2,858,465	624,762	1,317	2,950,074	670,540	3.2%
Rest of IL	746	1,607,149	212,391	755	1,539,597	230,327	-4.2%
IL State Total	2,059	4,465,614	837,153	2,072	4,489,671	900,867	0.5%

Visit riseandshineillinois.org to view the full version of Summer Meals data.

Behind the Numbers: Technical Brief

School Breakfast Participation

The Illinois State Board of Education (ISBE) provided all raw data on site level enrollment, free and reduced price meal eligibility, Community Eligibility Status, school types, and monthly school breakfast and lunch participation. This report includes public schools that participated in the National School Breakfast Program in school year 2015-2016 and 2016-2017, with a focus on those that are affected by the Breakfast After the Bell Mandate.²⁰ Private schools, specialty schools, alternative schools, residential child care institutions, and other institutions are not included in this analysis. School enrollment is based on October of the pertinent school year.

This report estimates district-level breakfast participation rates by aggregating site-level participation. For each National School Breakfast site in Illinois, this report estimates how many eligible children that participate in the free or reduced price lunch program also participate in breakfast. By summing the total free and reduced breakfasts and lunches served and dividing by the number of serving days, we calculated the average daily participation in these programs. Schools electing to participate in the Community Eligibility Provision program as part of a group of schools are still analyzed as separate sites for the purposes of this report.

In alignment with the Food Research & Action Center (FRAC) and Share Our Strength, this report sets the benchmark of each National School Breakfast site reaching 70 out of every 100 students receiving free or reduced price lunches. After determining the “Gap to 70” for each site, we multiply this underserved population by a site-specific reimbursement calculation based on their participation in the Community Eligibility Provision program, severe/non-severe need status, and percentage of the student population that receives free/reduced/paid meals for non-CEP schools. This gives an estimate of the additional funding that may be available if the “Gap to 70” is met, with the assumption that all new participating students would mirror the free and reduce price eligibility patterns of the current site-student body.

After-school and Summer Meal Programs

ISBE also provided all raw data on participation in the Child and Adult Care Food Program (CACFP), Summer Food Service Program (SFSP), and the Seamless Summer Option (SSO).

Participation in the Child and Adult Care Food Program At-Risk After-school looks at meals and snacks provided in October through May of 2017 only.

Summer meal calculations include all meals and snacks provided through the Summer Food Service Program and the Summer Seamless Option within the months of May through September 2016 and 2017.

Limitations

SY16 meal data was only available for October 2015 – May 2016 for this analysis, therefore this report assumes September 2015 did not have a substantive difference in meal participation from the rest of SY16.

Sites that do not have a National School Breakfast Program are not reflected in this analysis.

²⁰ Public School Districts with Type Codes of 01-27 and State Charter Schools are included. Schools required to implement Breakfast After the Bell are those public schools in which at least 70% of the students were eligible for free or reduced-price lunches in October of the preceding year. Districts affected by Breakfast After the Bell are those public school districts that include at least one school required to implement Breakfast After the Bell.



Congratulations to the 2017 Rise & Shine Illinois School Breakfast Grant Recipients

Arcadia Elementary School, Olympia Fields
Calumet Elementary School, Calumet Park
Carman-Buckner Elementary School, Waukegan
Central Elementary/Junior High School, Kewanee
Chateaux School, Hazel Crest
Clearview Elementary School, Waukegan
Columbia Central Middle School, Steger
DeLand-Weldon High School, DeLand
Dennis Elementary School, Decatur
Eisenhower High School, Decatur
Fieldcrest Elementary School, Oak Forest
Highlands Elementary School, Hazel Crest
Illinois School, Park Forest
Indiana Elementary School, Park Forest
Jacqueline B. Kennedy Elementary, Burbank
J Sterling Morton East High School, Cicero
J Sterling Morton Freshman Center, Cicero
J Sterling Morton West High School, Berwyn
J.L. Buford Intermediate Education Center, Mount Vernon
Jack Benny Middle School, Waukegan
Jefferson Elementary School, Berwyn
Je-Neir Elementary School, Momence
John Gordon Elementary School, Posen
Karel Havlicek Elementary School, Berwyn
Kewanee High School, Kewanee
Leal Elementary School, Urbana

Lincoln Middle School, Berwyn
MacArthur High School, Decatur
Mae Jemison School, Hazel Crest
Mannheim Middle School, Melrose Park
Markham Park Elementary School, Markham
Meridian High School, Mounds
M.L. King Elementary School, Harvey
Monroe Elementary School, Casey
Morton Alternative Schools, Cicero
Nob Hill Elementary School, Country Club Hills
North Chicago Community High School, North Chicago
O.W. Huth Middle School, Matteson
Pershing Early Learning Programs, Decatur
Posen Elementary School, Posen
Prairie Elementary School, Urbana
Prairie Oak School, Berwyn
Prairie-Hills Junior High School, Markham
Richard E. Byrd Elementary School, Burbank
Steger Intermediate Center, Steger
Steger Primary Center South, Chicago Heights
Streator Township High School, Streator
Thomas J. Kellar Middle School, Robbins
Urbana Middle School, Urbana
Waukegan High School, Waukegan
Wiley Elementary School, Urbana

Thank You to Our Partners

Rise & Shine Illinois is proud to partner with the many people who are making the accomplishments cited in this report and our prospects for future progress possible. Thank you to the superintendents, principals, teachers, school food service professionals, parents and guardians, students, school board members, elected officials, other public servants, non-profits, philanthropists, staff and volunteers in every county.

Breakfast Implementation Lead Partners:



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www.riseandshineillinois.org.

