

2022 OKLAHOMA SCHOOL BREAKFAST REPORT

SCHOOL YEAR 2020-2021



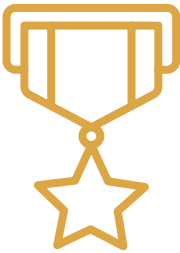


“Students love it. Kitchen staff enjoy seeing the students’ faces when they’re able to get breakfast after the bell. Staff build a relationship with the students and know what they go through on a daily basis. Students may not have the foods they need at home or the transportation to get to school on time.”

– OKLAHOMA CITY PUBLIC SCHOOLS

KEY TAKEAWAYS

This report celebrates Oklahoma’s success in advancing school breakfast while also recognizing the impact the COVID-19 pandemic has had on school meal participation. Even though the 2021-2022 school year proved to be challenging, we can build on momentum and successes from the 2019-2020 school year to increase access to school breakfast for all students.



THE MOST IMPORTANT MEAL - Breakfast plays a pivotal role in a child’s day.

More than 1 in 5 children in Oklahoma¹ experience food insecurity, meaning they lack adequate nutrition to learn and grow to their fullest potential. Increasing access to school breakfast helps ensure more Oklahoma children start their day nourished and ready to learn.

“A fed, well-nourished child is more ready to learn, more eager to engage, and better able to take on the challenges of the classroom and the day.”

- MARLOW PUBLIC SCHOOLS

TOP 10 STATES

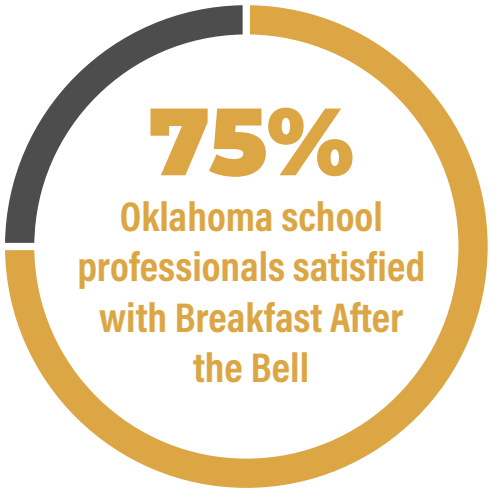
Percent Increase in Free and Reduced-Price Students Accessing School Breakfast

Oklahoma 13.1%	Nevada 9.1%	Massachusetts 7.3%	District of Columbia 6.5%	Rhode Island 6.3%
West Virginia 5.7%	Iowa 5.5%	Washington 4.4%	Michigan 4.2%	Virginia 4.1%

based on school year 2018-2019 to school year 2019-2020

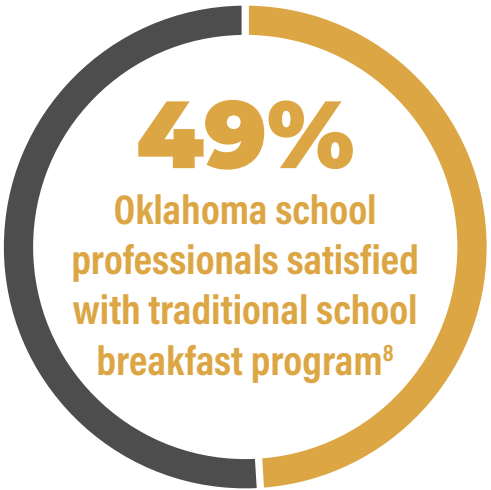
GAINING STEAM - School breakfast participation improved year over year until the peak of the pandemic.


According to the Food and Research Action Center (FRAC), Oklahoma had the largest percentage of growth in breakfast participation in the 2019-2020 school year – a 13.1 percent increase in participation among low-income students compared to the prior year.²



BREAKFAST AFTER THE BELL BENEFITS ALL

- ✓ Increases participation, boosts nutrition, and improves academic performance
- ✓ More popular than traditional school breakfast





If you would like to build on the lessons and success stories implementing Breakfast After the Bell, as presented in this report please complete your [Hunger Free Oklahoma School Profile](#).



ACKNOWLEDGEMENTS

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Katie Raymond, Richard Comeau, and Devin Schroeder, with support from the Hunger Free Oklahoma team, prepared the text of the report on a foundation built on five years of breakfast outreach and research. This report is adapted from the Oklahoma School Breakfast Report Card 2016–2017 Edition prepared by Texas Hunger Initiative staff. Tina Fincher designed the report.

Data was processed by Gia Chow with assistance from Richard Comeau. We are thankful to the data department at the Oklahoma State Department of Education for their assistance.

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Hunger Free Oklahoma (HFO) is a nonprofit organization aiming to ensure that all Oklahomans have access to affordable and nutritious food. HFO leverages the power of collaboration to solve hunger in Oklahoma by improving systems, policies, and practices. HFO works closely with Oklahoma State Department of Education (OSDE) to improve childhood food security by increasing awareness and participation in child nutrition programs like school breakfast, afterschool meals, and summer meals.

A healthy breakfast at school is a vital tool in ending childhood hunger. Every child in Oklahoma should have access to a nutritious meal to start their day off right. Students who eat school breakfast are alert, engaged, and perform better academically, while building healthy lifestyle habits. Plus, schools who offer breakfast enjoy higher meal reimbursement rates and fewer trips to the nurse's and principal's office for their students. However, annually, it is estimated that over 130,000 Oklahoma students go without breakfast and over \$7 million in federal funding goes unutilized. ¹

In the past two years, pandemic flexibilities created new parameters, challenges, and standards for how we can feed children and end childhood food insecurity. Removing red tape, increasing meal reimbursements, and promoting alternative service models like breakfast after the bell has allowed both schools and students to take advantage of nutrition programs. HFO and OSDE are committed to ensuring we build upon these learnings and successes to ensure all children have access to nutritious meals in the future.

In the 2019–2020 school year, [Oklahoma has the nation's highest annual increase of free or reduced-price eligible students eating school breakfast](#) ²—a massive accomplishment and great momentum in the fight against hunger. We celebrate and thank school nutrition heroes and food service professionals who make school breakfast possible for their amazing work and dedication to feeding our children every single day. Your innovation and perseverance highlight the importance of a healthy breakfast for students' health and food security. School breakfast is a vital academic and nutritional intervention that Hunger Free Oklahoma and the Oklahoma State Department of Education are proud to support.

Together, we can end childhood hunger.

Richard Comeau, Senior Director of Programs at Hunger Free Oklahoma

Jennifer Weber, Executive Director of Child Nutrition at Oklahoma State Department of Education

SIGN ON TO SUPPORT SCHOOL BREAKFAST IN OKLAHOMA


We, the undersigned, see school breakfast as an invaluable part of addressing childhood hunger and getting students off to a great start to their school day, full and ready to focus. While Oklahomans have faced unprecedented levels of food insecurity during the COVID-19 pandemic, school nutrition teams and partner organizations across the state have persisted in connecting students to meals both in and out of school.

Prior to the COVID-19 pandemic, Oklahoma was making great strides in increasing school breakfast participation. However, despite ongoing efforts, average daily participation in school breakfast dropped from almost 203,000 students in the 2018-2019 school year to approximately 184,000 in the 2020-2021 school year – an 8.9% decrease in children accessing school breakfast.^A While we have lost important ground during the COVID-19 pandemic, there have been many innovations and lessons learned that can and should inform our work moving forward as we rebuild momentum for this critical program.

School breakfast sets students up for success in the classroom and beyond. Offering breakfast has been shown to [improve academic performance, attendance,](#)³ and decrease the risk of marginal [food insecurity and childhood obesity.](#)⁴ Schools who serve breakfast as part of the school day report that students are more alert, engaged, and take fewer trips to the principal's office.³ Breakfast After the Bell models build healthy habits for life by making breakfast a regular part of the school day and have been shown to further [increase student participation and school reimbursement for meals.](#)⁵

As we work to increase access to school breakfast, a new standard must be set to ensure all students begin the day nourished and ready to learn. We call on our partners across Oklahoma to support expansion and widespread implementation of school breakfast programs that will improve long-term health outcomes and increase academic achievements for students, bolstering the educational infrastructure of Oklahoma.

When students go hungry, every Oklahoman is affected—from families to educators to administrators. It is within our collective power to support child nutrition programs that can meet food access needs and combat hunger. Join Hunger Free Oklahoma and the undersigned by pledging to support school breakfast expansion and implementation for all Oklahomans.



[Click this link](#) or scan the QR code to add your name or organization to our list of school breakfast supporters.

SCHOOL BREAKFAST SUPPORTERS

Carl and Marie Anderson Charitable Foundation

Food Bank of Eastern Oklahoma

Oklahoma Childhood Food Security Coalition

Oklahoma Children’s Hospital – OU Health

Oklahoma Education Association

Oklahoma Institute of Child Advocacy

Oklahoma Parent Teacher Association

Oklahoma Partnership for Expanded Learning

Opaa Food Management Company

The Opportunity Project

Regional Food Bank of Oklahoma

Sodexo at Oklahoma Children’s Hospital

Thanks to these partners for signing on to support school breakfast in Oklahoma. Visit <https://hungerfreeok.org/school-breakfast-is-important/> to see the most current list of supporters.

INTRODUCTION

SCHOOL BREAKFAST IS A CRUCIAL TOOL FOR FEEDING MORE CHILDREN, MORE OFTEN. HOWEVER, STUDENTS DO NOT EAT BREAKFAST AT SCHOOL AS FREQUENTLY AS LUNCH.

Prior to the pandemic in the 2018-2019 school year, 52.7% of children who ate school lunch also ate school breakfast. In the 2020-2021 school year that increased to 63.3%.^D Hunger Free Oklahoma has the ambitious yet attainable goal to increase that number to 80% by helping schools across the state boost their breakfast participation.

It is important to recognize the impact the COVID-19 pandemic has had on schools and participation rates across the state. In 2020-2021, over 184,000 students participated in school breakfast compared to nearly 203,000 students in 2018-2019.^A While there are many factors that contributed to the reduced number of meals served, the pandemic also presented opportunities for flexibilities and innovations in school breakfast programs that we can learn from moving forward. Throughout the ups and downs of the past two years, school nutrition teams across the state have worked incredibly hard to feed students and should be recognized for their important contribution to our children's food security.

Prior to the beginning of the COVID-19 pandemic, Hunger Free Oklahoma conducted an Oklahoma School Food Security Survey to gather insights into obstacles and opportunities schools face in nourishing their students. In total, there were 228 responses spanning 54

counties. Hunger Free Oklahoma would like to thank all who participated in the Oklahoma School Food Security Survey. Your responses were essential in guiding and informing this report's findings and recommendations.

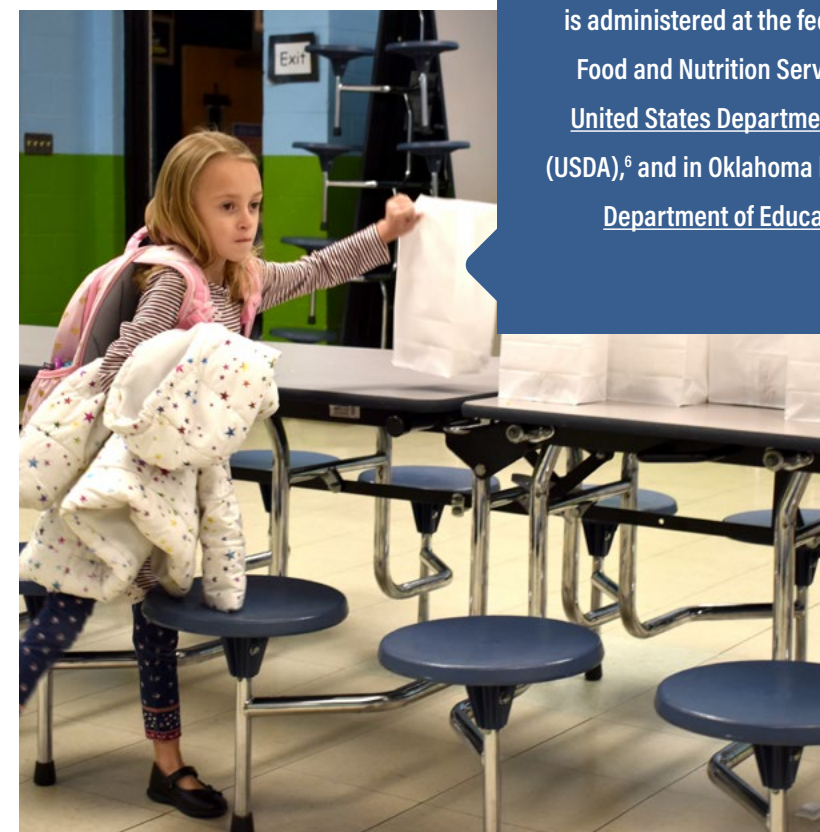
This report builds on the Oklahoma School Food Security Survey to outline strategies for increasing school breakfast access and participation in Oklahoma, highlights innovative programs and practices, identifies the benefits to Oklahoma students and schools, and provides an overview of service models that feed our students best. In addition, Hunger Free Oklahoma has published an interactive companion data set to help every school district better understand their breakfast participation. Hunger Free Oklahoma hopes this report demonstrates the importance of school breakfast and helps schools expand breakfast programming to ensure more students get the nutrition they need to succeed in school and beyond.



Find the digital version of this report with hyperlinks and access to the district-by-district data set by going to <https://hungerfreeok.org/school-breakfast-report-2022/>.

WHAT IS THE SCHOOL BREAKFAST PROGRAM?

The School Breakfast Program (SBP) is a federally-funded meal program operating in public and nonprofit private schools and residential childcare institutions. The SBP is administered at the federal level by the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA),⁶ and in Oklahoma by Oklahoma State Department of Education (OSDE).⁷





BREAKFAST PARTICIPATION ACROSS OKLAHOMA

While school breakfast participation and total meals served were trending upwards before the COVID-19 pandemic, they experienced a sharp drop across Oklahoma during the pandemic. As the pandemic unfolded, schools scrambled to find ways to get meals to children outside of the classroom, and as the pandemic carried on month-by-month, schools began to face additional barriers to reaching students. Overall, what has happened in Oklahoma during the pandemic parallels what happened across the country. However, with [1 in 5 children in Oklahoma facing food insecurity](#),¹ making sure every child has access to an adequate breakfast is crucial.

WHAT IS ADP?

Average Daily Participation is an estimate of the number of children who participate in school breakfast each day. There are multiple ways to measure ADP. For this report Hunger Free Oklahoma has chosen the simplest: dividing the total meals served each year by total operating days for each of the school districts included in this report.^c



Scan the QR code or [click here](#) to see your school's breakfast participation data.

Figure 1: Average Daily Participation (ADP) in breakfast by school year^c

ADP dropped
8.9%
from 2018-2019
to 2020-2021

Figure 2: Total breakfasts served by school year^a

Total breakfasts served dropped
34.2%
from 2018-2019
to 2020-2021

SCHOOL NUTRITION HEROES AND THE IMPACT OF THE COVID-19 PANDEMIC

The 2019-2020 school year changed how we view school breakfast. It is more apparent now than ever that school breakfast is not just a benefit but a necessity. Hundreds of thousands of children in Oklahoma rely on school meals each school day. When schools closed and meal services shifted due to the COVID-19 pandemic, that dependable source of meals disappeared almost overnight, emphasizing the need for many children across the state.

In March 2020, the United States Department of Agriculture (USDA) issued child nutrition waivers that have been key to supporting access to school meals during the ongoing public health crisis. The flexibility provided by the waivers made it possible for meals to be served safely during the pandemic and helped many communities overcome common barriers to serve more meals. The non-congregate, meal service time, and parent or guardian meal pick-up waivers facilitated innovative service models like [home delivery and weekly meal bundles](#).⁸



[limited access to meal sites during remote learning days, and extreme supply chain disruptions](#).⁹

These challenges and more have stretched already tight school budgets and resources.

Despite the creativity and hard work of school nutrition departments to reach children, school meals have lost important ground when compared to pre-pandemic participation levels.

Even so, throughout the COVID-19 pandemic, school nutrition professionals have been the heroes behind the scenes. When not much else in life has been certain, they continue to do extraordinary work making sure students and families in their communities stay fed. They have been adaptable and resilient in the face of unprecedented challenges. While participation rates have decreased as a state, 175 Oklahoma schools have leveraged waivers, innovation, and adaptability to increase their average daily participation, creating a pathway for future work.

The Oklahoma standard is to meet each challenge, lend a helping hand to our neighbors, and collectively be the solution. By and large, Oklahoma's child nutrition professionals have exemplified this spirit.

Together we can turn a time of need into an extraordinary future where all Oklahoma children have enough to eat every day.

BREAKFAST FUELS SUCCESS

School breakfast provides many benefits to students including [improved health and development](#),⁴ [improved performance and behavior](#) in school,³ and [overall food security status](#).⁴

Offering Breakfast After the Bell creates an **increased sense of community** and makes eating school breakfast more accessible to all students.



- ✓ Providing school breakfast free to all students improves their concentration, alertness, comprehension, memory, and learning.
- ✓ Students report that they believe eating breakfast increases their energy and ability to pay attention in school.

STUDENTS WHO EAT SCHOOL BREAKFAST BENEFIT FROM:

- | | |
|--|--|
| Better attendance rates | Improved physical health and development |
| Fewer trips to the principal’s office | Fewer stomachaches and headaches |
| Higher test scores and graduation rates | Improved mental health and reaction to frustration |
| Better performance on demanding mental tasks like math or vocabulary tests | Increased nutrient intake including more essential vitamins and minerals |
| | Decreased risk for obesity |

According to the 2019 Oklahoma School Food Security Survey, schools are seeing the benefits of serving Breakfast After the Bell:



Offering breakfast after the bell at no charge to all students makes it easier for students to eat school breakfast and reduces the risk of students skipping breakfast altogether.

Breakfast in the classroom has been proven to boost the number of students who eat school breakfast all other breakfast after the bell models.



“Implementation of breakfast in the classroom began in January of 2019. Parents appreciate that their child will get a breakfast even when they are late. Student academics are higher and there has been an increase of students eating breakfast.”

- QUAPAW PUBLIC SCHOOLS



“Our school is in a very low-income area of the state. Our school is CEP grades Pre-K through 8th. Being able to provide free breakfast, lunch, and afterschool snacks is important for the well-being of the kids in our community. I know for a fact that these are the only nutritional meals some kids receive.”

- AFTON PUBLIC SCHOOLS

UNIVERSAL FREE MEALS MAXIMIZE PARTICIPATION

While research shows that Breakfast After the Bell models are incredibly effective at increasing breakfast participation, offering universal free meals is the gold standard. [Offering meals free to all students optimizes the impact of a Breakfast After the Bell program](#) by eliminating the need to keep track of and process school meal applications. Those applications determine which students are eligible for free or reduced-price meals and which students pay full price. It also helps minimize stigma when only certain children receive school breakfast and boosts participation among the children who need the meal most.¹⁰ There are a few different methods to offer breakfast at no charge. Based on eligibility, schools can choose which method works best.

Things to consider to break even when serving free breakfast:

- Due to increased participation and resulting economies of scale, schools can generally compensate for any lost revenue from paid and reduced-price meal fees.

The break even point for each school is different depending on:

- LABOR COSTS
- FOOD COSTS
- SCHOOL SIZE
- REIMBURSEMENT AMOUNTS

	COMMUNITY ELIGIBILITY PROVISION (CEP)	PROVISION 2	NONPRICING
MEALS COVERED	Free breakfast and lunch for all students.	Free breakfast and/or lunch for all students.	No fees collected from students for breakfast.
SCHOOL MEAL APPLICATIONS	Uses data matching with SNAP and other programs to determine the number of “identified students” instead of school meal applications.	School or district collects school meal applications at least once every four years.	Schools continue to collect school meal applications.
MEAL REIMBURSEMENT LEVELS	Schools are reimbursed by multiplying the percentage of “identified students” by 1.6 to determine the percentage of meals reimbursed at the free rate. The rest of the meals served are reimbursed at the paid rate.	Based on the ratio of free, reduced-price, and paid meals served in the “base year” when school meal applications are collected.	Continue to receive federal reimbursements for the breakfasts served under the three-tiered (free, reduced-price, and paid) system.
COUNTING AND CLAIMING	Only need to count the total number of meals served.	Only need to count the total number of meals served.	Count the number of breakfasts served under the three-tiered (free, reduced-price, and paid) system.
OPTIMAL PERCENTAGE OF FREE AND REDUCED-PRICE STUDENTS	Must have at least 40% “identified students” to participate, which equates to about 65% free and reduced-price eligible students.	70% free and reduced-price eligible students needed to break even. Schools offering both breakfast and lunch generally have slightly higher free and reduced-price percentages.	70% free and reduced-price eligible students needed to break even. Schools with eligibility rates as low as 60% can operate a free breakfast in the classroom program within budget by taking advantage of economies of scale.

FIVE MODELS TO BOOST BREAKFAST PARTICIPATION

BREAKFAST SERVICE MODELS

When most people think of breakfast at school, they probably think of eating in the cafeteria. However, high student enrollment, early school start times, and long lines in the cafeteria can make it difficult for students to sit down and eat before school begins.



BREAKFAST IN THE CLASSROOM

Breakfasts are delivered directly to the classroom where students eat for the first 10-15 minutes after the official start of their school day. Great for younger students who start their school day in the same classroom.

GRAB AND GO

Students pick up prepackaged breakfasts from mobile service carts or kiosks in high-traffic areas throughout the school, such as hallways, entryways, or common areas. Great for older students who are more mobile.

SECOND CHANCE BREAKFAST

Students eat breakfast during a break in the morning, often between first and second period. Meals can be distributed from a mobile cart or kiosk or served in the cafeteria. Great for older students who may not be hungry when they first arrive at school.

BREAKFAST ON THE BUS

Prepackaged meals are served to students as they board the bus in the morning. Great for schools with long bus commutes.

HYBRID MODEL

Make Breakfast After the Bell work for your school by choosing elements of the models to fit your school's specific needs. A common hybrid model has students pick up breakfast in the cafeteria and take the meal to the classroom.

Breakfast in the Classroom Success Story

KANE ELEMENTARY SCHOOL, BARTLESVILLE PUBLIC SCHOOLS

The Breakfast in the Classroom program was already established at Kane Elementary when Tammie Krause started as the new principal, but she was very clear that she was not willing to give up her morning assemblies. Although initially skeptical, Tammie decided to do a test run for the first six weeks of the school year.

The staff at Kane worked alongside Bartlesville Public Schools’ Child Nutrition Director, Jon Beckloff, to modify procedures that allowed time for both breakfast in the classroom and morning assemblies. School doors would open 15 minutes earlier to allow enough time for students to grab a prepackaged breakfast in the cafeteria, walk to their classroom to eat, then head to the gym for their morning assembly. After only two weeks, Krause could see the benefits for both her students and staff. She will never go back to offering traditional breakfast.

The biggest benefit Krause sees is in the students’ improved behavior. School days start with very little drama or squabbles in the hallways because the students have a routine and are preoccupied with eating breakfast with their peers. Students ease into their school day, participating in different activities like educational videos, reading, or morning work, while they enjoy eating their breakfast.

Krause and Beckloff both communicate regularly with teachers, custodial staff, and others who run breakfast in the classroom, ensuring everyone feels supported and the program is running smoothly.

Beckloff keeps everyone in mind while menu planning and frequently asks for feedback. Teachers, custodial staff, and others have a direct influence on the success of the program. Direct and open dialogue is key to a successful and sustainable breakfast in the classroom model.

Krause’s biggest advice to anyone considering a Breakfast After the Bell program is to “go to a

school who has it on site and see the impact it has with those kids and see what the overall feel is of the sites that are already doing it.”

Beckloff encourages schools to “just try it and give it a solid month before making any changes.”

HOW THEY MAKE IT WORK:

School nutrition staff has food set up at 8:20am



Doors open at 8:30am

Students enter school through the cafeteria

Students pick up a pre-assembled breakfast along with juice and milk



Students take their meal to the classroom and spend 10-15 minutes eating with their peers

Teachers and students head to the gym to make their morning assembly by 9am



Custodial staff have trash cans on wheels placed throughout the schools

All students eat breakfast free of charge through nonpricing



BARTLESVILLE SCHOOL PROFILE:

Total Enrollment: 5,963
Free and Reduced-Price Rate: 53.7%
BATB Model: Breakfast in the Classroom
Universal Free: Nonpricing



“School is the place where kids can count on to be fed.”

- TAMMIE KRAUSE, PRINCIPAL AT KANE ELEMENTARY
IN BARTLESVILLE PUBLIC SCHOOLS

Grab and Go Breakfast Success Story

ALTUS HIGH SCHOOL, ALTUS PUBLIC SCHOOLS

Sabina Garrett, Child Nutrition Director for Altus Public Schools, and her team have made it easier for all high school students to eat breakfast at school.

ALTUS SCHOOL PROFILE:

Total Enrollment: 3,366

Free and Reduced-Price Rate: 59.18%

BATB Model: Breakfast in the Classroom, Grab and Go

Universal Free: CEP and Nonpricing

Three mobile breakfast carts located throughout the building mean students who regularly did not eat breakfast now have the chance to participate. The carts are placed strategically throughout the high school so that students can easily swing by to grab a breakfast then head to their next class.

Having already established a breakfast in the classroom model at the elementary schools, Garrett knew that the older students and high school staff required a different model to meet their needs. After talking with administration, teachers, school nutrition, and custodial staff, they decided to try the grab and go model with just one cart for a trial period of one year.

Garrett has learned that planning, communication, and flexibility are key when starting a new program. Initial feedback was mostly positive, but teachers quickly realized that students did not have enough time to make it through the line and get to their next class in the normal passing period. Using this feedback, school leaders extended the passing period by three minutes. After the first year, two more grab and go carts were purchased to better meet the increased demand for breakfast at the high school.

Garrett realizes she took a financial risk by starting a Breakfast After the Bell program. She chose to buy equipment upfront. It ended up working well and there was a financial benefit after just one year. The “extra” money generated was reinvested in the program to upgrade and purchase more equipment.

The biggest benefit Garrett and staff see is the increase in students participating in breakfast. The numbers alone make the case. Participation jumped from 50 to 250 students eating breakfast daily because of the grab and go carts.

Garrett says, “The grab and go breakfast model has been a great tool for success. It provides an amazing opportunity to emphasize our district wellness focus to both students and staff. We are silently educating the necessity of daily healthy eating patterns with a consistent menu in a quick serve type mode. This encouragement to our young adult school population is exactly what is needed to fill a nutritional void.”



HOW THEY MAKE IT WORK:

School nutrition staff prep as much as possible ahead of time, even the day before



School staff use an assembly line in the mornings to get carts loaded and everything labeled



Carts are set up and in place in the hallways 5-10 minutes before the bell rings



A Point of Sales (POS) system is used to keep track of meal counts



The passing period was extended to meet the increased demand of students picking up a breakfast between 1st and 2nd hour



All students eat breakfast free of charge

“Grab and Go brings flexible serving times for a quick and nutritious breakfast meal.”

- SABINA GARRETT, CHILD NUTRITION DIRECTOR AT ALTUS PUBLIC SCHOOLS

Second Chance Breakfast Success Story

COLCORD HIGH SCHOOL, COLCORD PUBLIC SCHOOLS

You can hear the pride in her voice when Anita Long, Child Nutrition Director at Colcord Public Schools, describes how her team implemented the second chance breakfast model. They not only rose to the occasion but have also come to love the new program and the way it connects them with students.

Leaders at Colcord Middle and High School could tell there was room for improvement in their school breakfast program. Sandi Shackelford, Principal of Colcord High School, explains, “For years, the middle and high school had breakfast at the same time. With increased enrollment the cafeteria was becoming exceedingly crowded.” With this challenge in mind, several staff members researched solutions for the breakfast program.

They decided to try the second chance breakfast model. Shifting the time for breakfast for the high school students to after first hour met needs they had identified, including allowing more time to wake up, get to school, and feel hungry. Amber Hopper, a teacher at Colcord High School, likes the change. “The students seem to be more alert from having the meal which is reflected in their engagement in the classroom. Personally, I feel that offering breakfast after first hour has been a beneficial change.”

“Many of our high school students who drive to school found it difficult to get to school in time to eat breakfast, so they would just skip altogether. Having breakfast after first hour makes getting breakfast more convenient which has increased our participation significantly,” says Shackelford.

Initially, the kitchen staff was overwhelmed by the increase in participation for school breakfast. Breakfast participation jumped by 1,345 meals when comparing September 2019 to September 2021. Once they got used to the increase, they turned their focus to engaging with the students and making breakfast fun.

Scheduling themes for different days throughout the week has created excitement and anticipation for second chance breakfast. Students’ favorite

options include the omelet bar and Waffle Wednesdays in which students select from a variety of fruit toppings. This encourages creative and healthful eating and helps cater to students’ tastes and preferences. Other ways the school nutrition staff go above and beyond include creating menu choices they know the students love, decorating the cafeteria, playing music during breakfast service, and having activities like raffles or karaoke to draw in more students.

Long’s main advice for someone who might not be sure if a second chance breakfast model would work is to “always give it a try! You might be surprised by what happens.”

HOW THEY MAKE IT WORK:

Middle school students eat before the official start of the school day



After first hour ends, high school students head to the cafeteria for breakfast

High school students have 20 minutes to eat breakfast before heading to their next class



School nutrition staff offer three to four options for breakfast

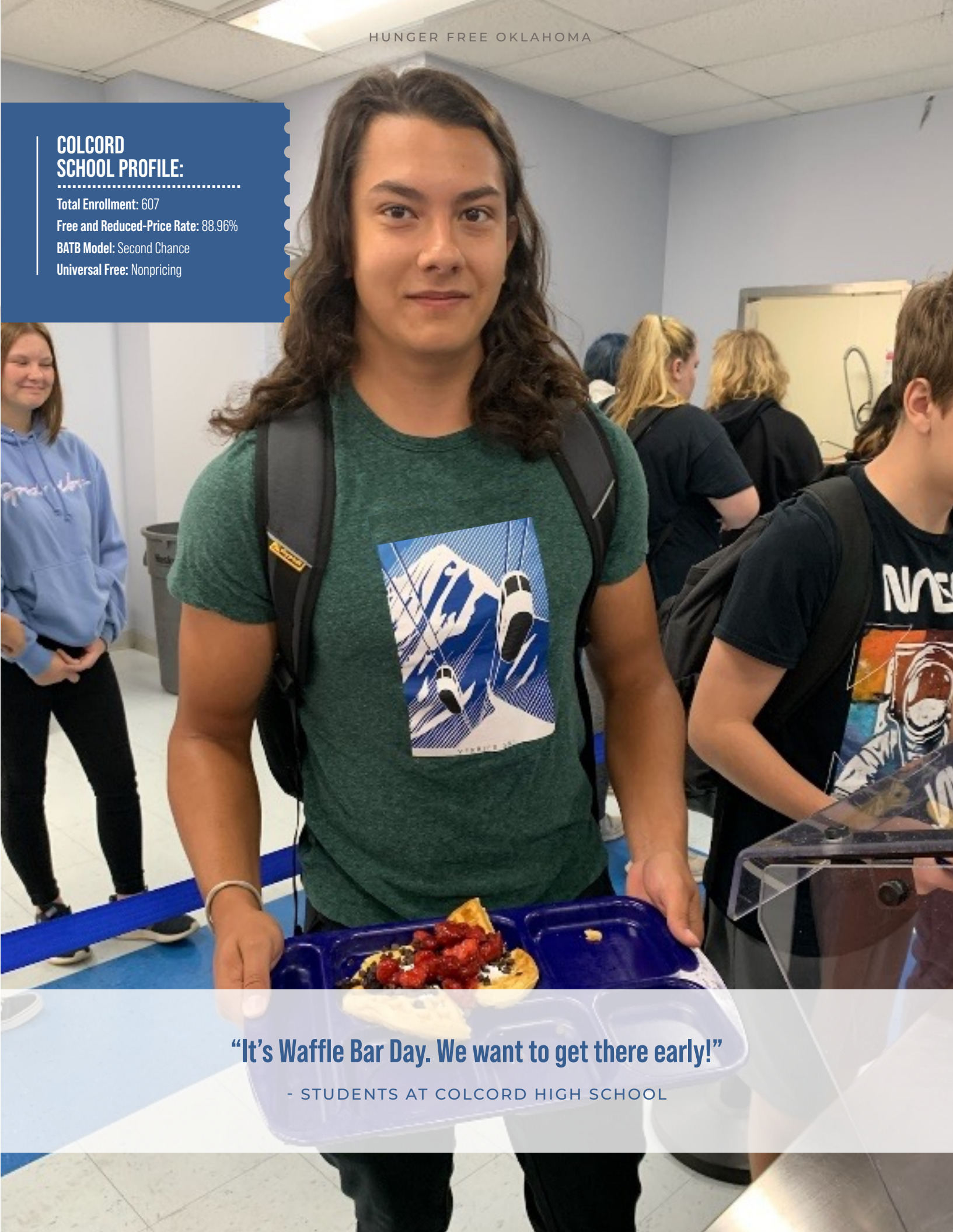
Students eat their breakfast in the cafeteria, making clean up quick and easy for custodial staff



All students eat breakfast free of charge

COLCORD SCHOOL PROFILE:

Total Enrollment: 607
Free and Reduced-Price Rate: 88.96%
BATB Model: Second Chance
Universal Free: Nonpricing



“It’s Waffle Bar Day. We want to get there early!”

- STUDENTS AT COLCORD HIGH SCHOOL

BENEFITS OF BREAKFAST AFTER THE BELL

RESPONSES FROM THE 2019 OKLAHOMA SCHOOL FOOD SECURITY SURVEY REVEALED SOME COMMON BENEFITS OF BREAKFAST AFTER THE BELL PROGRAMS.

Increases participation



Breakfast After the Bell models can take many forms, but all have the positive impact of increasing breakfast participation among students.

AVERAGE PARTICIPATION RATES¹²

Grab and Go and Second Chance models around	Breakfast in the Classroom reaches closer to
58%	88%

Improves nutrition



Participating in school breakfast [improves a student's dietary intake in many ways including:](#)

- Increased intake in essential vitamins and minerals like fiber, calcium, iron, and vitamin C
- Reduced intake of fat, cholesterol, and sodium⁴
- Improved consumption of fruits, vegetables, and milk

“Students who typically do not have an opportunity or the means to eat breakfast at home are able to eat a full, nutritious breakfast before they start their work for the day, which in turn reduces the number of headaches, stomachaches, and lethargic reactions from students in the morning sessions.”

- GYPSY PUBLIC SCHOOLS

Increases reimbursements



Schools and districts typically see an improvement in their school nutrition finances when implementing Breakfast After the Bell programs due to [increased participation and economies of scale](#).¹⁰

Providing breakfast free to all students helps increase participation even more.

“We went from 39 students in the high school eating breakfast to an average of 120 students eating breakfast.”

- CHOUTEAU-MAZIE PUBLIC SCHOOLS

COMMON CONCERNS ABOUT BREAKFAST AFTER THE BELL

RESPONSES FROM THE 2019 OKLAHOMA SCHOOL FOOD SECURITY SURVEY ALSO REVEALED SOME COMMON CONCERNS OF IMPLEMENTING BREAKFAST AFTER THE BELL PROGRAMS.

Perceived loss of instruction time



Research shows Breakfast After the Bell [does not take away from instructional time](#).⁵

When breakfast is served in the classroom, teachers can use the time to take attendance, collect homework, make announcements, or do other classroom activities. Some teachers report that they gain instructional time due to fewer behavioral disruptions, visits to the school nurse, tardiness, and absenteeism.

“Creating a family atmosphere in classroom during breakfast is great for students. Also reading or classroom lesson review can also be done during breakfast time.”

- TULSA PUBLIC SCHOOLS

Acquiring new equipment



Starting a new Breakfast After the Bell program [may require new equipment](#). Schools are finding innovative and creative ways to meet the new demands.¹³

“We purchased less expensive equipment to keep start-up costs to a minimum and ended up regretting it by the end of the first year. We used the funds made after the first year of the Breakfast in the Classroom program to purchase new, higher quality equipment.”

- ALTUS PUBLIC SCHOOLS

Adjusting daily bell schedules



Choose the Breakfast After the Bell model that [best fits your school's needs](#).¹¹

Many schools operate a hybrid model that combines certain elements of the models listed throughout this report to best fit the needs of their school's schedules, staff and student needs, and other demands.

“Adjusting the class schedule can be challenging, but the benefits of all students having access to breakfast is worth the inconveniences at the beginning. Focus on the positive projected results, and work first to get buy-in from all stakeholders before beginning the process for change.”

- GYPSY PUBLIC SCHOOLS

OKLAHOMA BREAKFAST BY THE NUMBERS

ACROSS OKLAHOMA, SCHOOL BREAKFAST PARTICIPATION IS DOWN
COMPARED TO PRE-PANDEMIC LEVELS.

Average daily participation
dropped by 8.9% from
2018-2019 to
2020-2021.^c

Total meals served between 2018-2019
and 2020-2021 dropped from
36,332,586 to 23,896,126,
a 34.2% decrease.^a

HOWEVER, THERE IS HOPE.

Against impossible odds, many schools saw growth
in their programs through adaptability, innovation, use of waivers,
and unwavering commitment to their students.

94 SCHOOL
DISTRICTS
have breakfast
participation rates at
or higher than 80%.^e

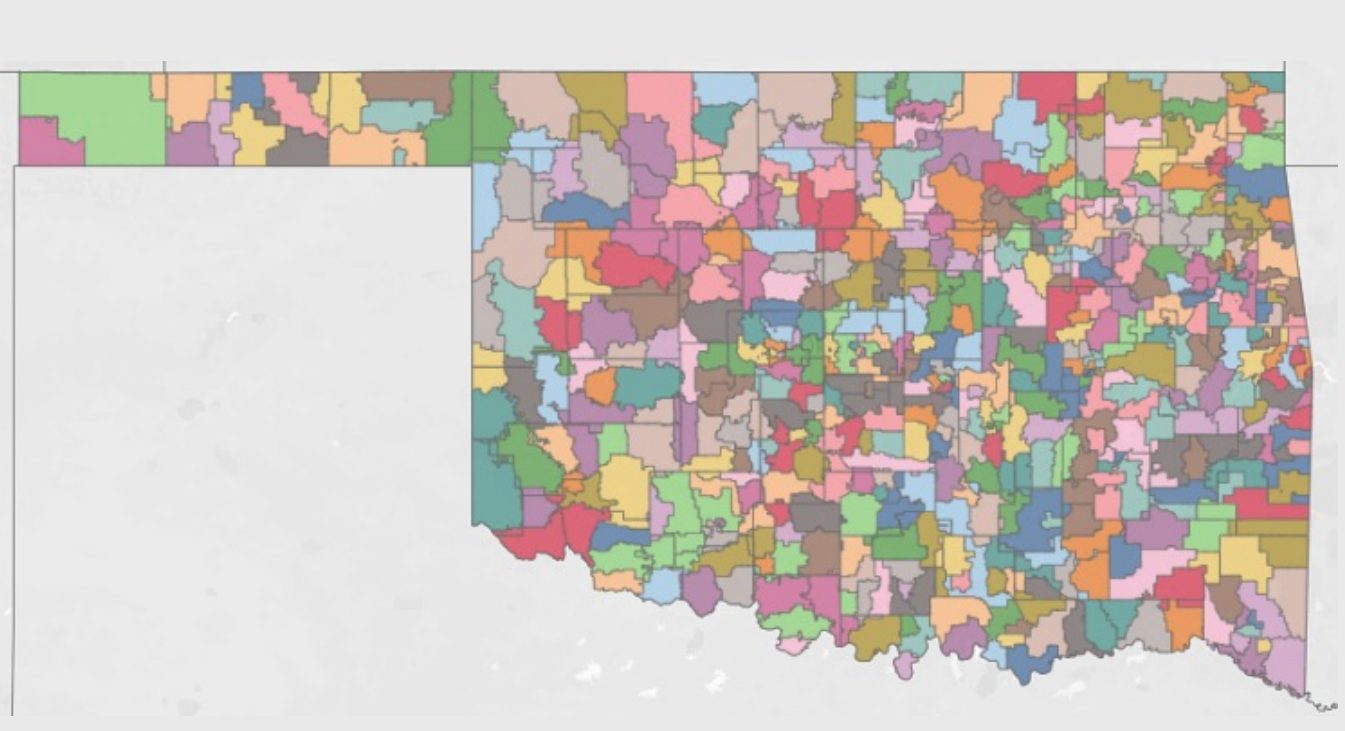
200 SCHOOL
DISTRICTS
saw growth in their
program participation
from 2018-2019 to 2020-2021.^e

While most schools in Oklahoma offered free meals through
pandemic-related waivers, 115 school districts continued to offer universal free
meals through CEP or Provision 1 or 2.

17 DISTRICTS SAW A MORE THAN 100% INCREASE IN AVERAGE DAILY
PARTICIPATION BETWEEN 2018-2019 AND 2020-2021.

DISTRICT	2018-2019 ADP	2020-2021 ADP	% CHANGE IN ADP
HINTON PUBLIC SCHOOLS	109	458	321%
OAK GROVE PUBLIC SCHOOLS	41	153	274%
SULPHUR PUBLIC SCHOOLS	201	716	257%
HILLDALE PUBLIC SCHOOLS	188	636	239%
ZANEIS PUBLIC SCHOOLS	127	339	166%
HYDRO-EAKLY PUBLIC SCHOOLS	103	242	135%
COMANCHE PUBLIC SCHOOLS	183	426	133%
CARNEY PUBLIC SCHOOLS	60	136	128%
BRIGGS PUBLIC SCHOOLS	161	360	124%
OKEENE PUBLIC SCHOOLS	65	143	121%
HOBART PUBLIC SCHOOLS	148	326	121%
GOODWELL PUBLIC SCHOOLS	28	61	120%
MARYETTA PUBLIC SCHOOLS	396	864	118%
SOUTH COFFEYVILLE SCHOOL	58	119	106%
STIGLER PUBLIC SCHOOLS	383	767	100%

YOUR SCHOOL DISTRICT’S BREAKFAST PROFILE



INTERESTED IN YOUR SCHOOL’S BREAKFAST PARTICIPATION RATE?

You can visit [this link](#) or scan the QR code below to access our interactive Oklahoma School Breakfast Map. Simply follow the onscreen instructions to learn about your school’s breakfast program.

This data set was compiled using data provided by the Oklahoma State Department of Education and cleaned and aggregated by Hunger Free Oklahoma. Given the challenges facing schools, governments, and nonprofits during the COVID-19 pandemic, Hunger Free Oklahoma realizes that this data alone might not paint a clear and accurate picture of your district’s breakfast program. We encourage your school district to review your data on the [Oklahoma School Breakfast Database](#) and to complete a [Hunger Free Oklahoma School Profile](#) to help us improve the accuracy of the data included. With input from school districts across the state, this mapping and database tool will continue to evolve and improve.



Scan here to complete
your Hunger Free
Oklahoma School Profile.



Scan here to access
the Oklahoma School
Breakfast Database.

GETTING STARTED

STARTING OR EXPANDING A BREAKFAST AFTER THE BELL PROGRAM CAN SEEM LIKE A BIG UNDERTAKING.

Here are the **top three tips** to implement a Breakfast After the Bell program at your school or district.

1. START A CONVERSATION

There are many people who contribute to making a Breakfast After the Bell program successful. Engage key team members in the planning process to build buy-in and incorporate valuable feedback. Create a committee that includes school leaders, teachers, child nutrition staff, custodial staff, parents, and students to ensure that all voices are being heard. The group can discuss challenges and logistics related to school breakfast, identify an alternative breakfast that works well for the school, and create a plan to implement Breakfast After the Bell.

“Once you get the buy-in with administration and teachers, you should be able to successfully implement Breakfast After the Bell.”
- SHIDLER PUBLIC SCHOOLS

2. RUN A PROGRAM ON A TRIAL PERIOD

Once a Breakfast After the Bell model has been identified, decide on a trial period to test the new program. Allow the program to run for at least 6-8 weeks before making a final decision. Regular communication and feedback between the committee members is essential to building a program that works for all. Having clear milestones supports sustainability and helps evaluate the program’s success. Many schools start small, piloting the program in one or two grades before expanding it to the whole school.

“We have implemented breakfast carts in some of our schools and this has been tremendously successful for our district.”
- OKLAHOMA CITY PUBLIC SCHOOLS

3. OFFER BREAKFAST AT NO COST TO ALL STUDENTS

Schools that operate Breakfast After the Bell models while offering universal free meals to all students often see dramatic increases in breakfast participation. Eliminating the hassle factor of the free, reduced-price, and paid fee structure reduces the stigma related to school meal programs and reduces burdensome paperwork making breakfast more accessible for all students.

“We serve breakfast in the classroom at our grade school which allows all the students to eat breakfast for free. When we served breakfast in the cafeteria, we served about 32% of the enrolled students. Now that we serve breakfast in the classroom we are at about 95% of enrolled students eating breakfast.”
- WATONGA PUBLIC SCHOOLS



Want help getting started?

Connect with the Hunger Free Oklahoma team to explore what Breakfast After the Bell options work best for your school or district.

Already offering Breakfast After the Bell?

Complete your [Hunger Free Oklahoma School Profile](#) to put your program on the map.

OPPORTUNITY FOR GROWTH: BREAKFAST ON THE BUS

BREAKFAST ON THE BUS CAN INCREASE ACCESS TO SCHOOL BREAKFAST, ESPECIALLY FOR STUDENTS WITH EARLY PICK UP TIMES AND LONG BUS RIDES.

With a large rural population in Oklahoma, many students spend a significant amount of time commuting to school in the mornings and it can be challenging for those students to get to school early enough to eat a traditional breakfast before the start of the school day. [The breakfast on the bus model allows students to enjoy their breakfast on the way to school.](#)¹⁴ By using commute time as an opportunity to serve breakfast, schools can ensure students are nourished and ready to learn by the time they arrive at school. [Breakfast on the bus can also contribute to a calmer, more pleasant bus ride and start of the school day.](#)¹⁵

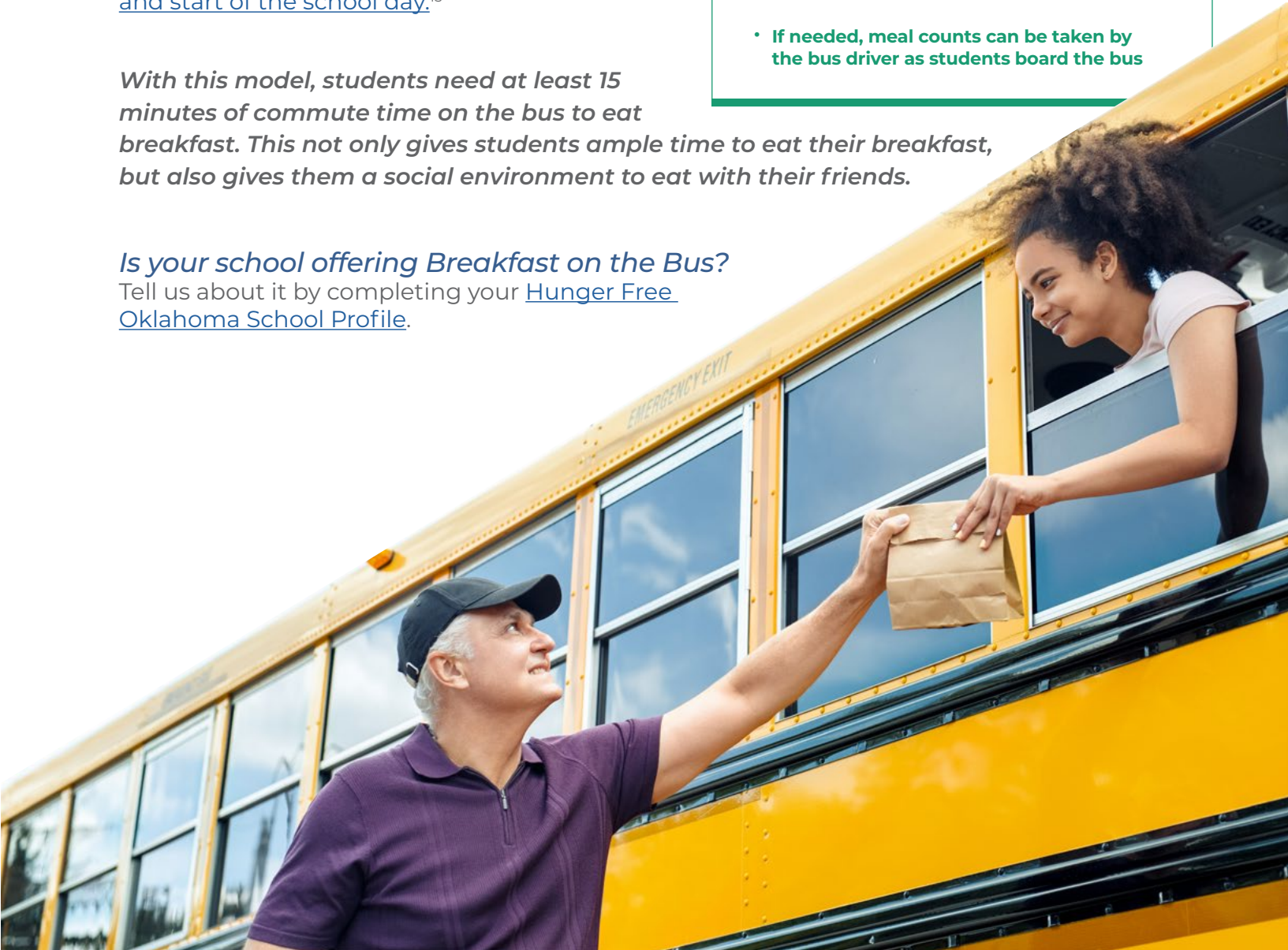
With this model, students need at least 15 minutes of commute time on the bus to eat breakfast. This not only gives students ample time to eat their breakfast, but also gives them a social environment to eat with their friends.

Is your school offering Breakfast on the Bus?

Tell us about it by completing your [Hunger Free Oklahoma School Profile](#).

HOW IT WORKS:

- School nutrition staff prepare breakfast meals and coordinate with bus drivers to get them on buses before they start their routes in the morning
- As students board the bus, they are given a prepackaged meal
- Students eat their meal during their commute to school, ideally at least 15 minutes
- Trash is disposed either on the bus or when the students arrive at the school
- If needed, meal counts can be taken by the bus driver as students board the bus



COMPREHENSIVE WAYS TO IMPROVE CHILD FOOD SECURITY

Are you interested in ending child hunger in your school or community?

HERE ARE [STRATEGIES TO IMPROVE FOOD SECURITY FOR SCHOOL-AGE CHILDREN](#).¹⁶

- Work with your school to make [breakfast a part of the school day](#).¹⁷
- Offer [free school meals for all students](#) to reduce stigma and increase opportunities for participation.¹⁰
- Provide [afterschool meals](#) to students in eligible areas to ensure they are getting three meals a day during the school year.¹⁸
- Offer [summer meals](#) to ensure that students and their siblings have access to nutritious food when school is out.¹⁹
- Connect students and caregivers to [grocery assistance programs](#).²⁰
- Visit Hunger Free Oklahoma’s [School Resource Page](#) for more information and resources.²¹
- Visit Hunger Free Oklahoma’s [website](#) for more ideas of how to plug into food security work in your area.²²

“Schools must bridge the gap and become the communication partner between families who need assistance and community members who can provide support.”

- JENNINGS PUBLIC SCHOOLS

“Working together with families and community partners strengthens all of those involved by addressing food security issues, collaborative ways to meet needs, and looking for permanent solutions for all.”

- EL RENO PUBLIC SCHOOLS

OKLAHOMA CHILDHOOD FOOD SECURITY COALITION

Formed in 2016, the Oklahoma Childhood Food Security Coalition (OK CFSC) works to improve education and health outcomes for Oklahoma’s youth by increasing access to nourishing meals in and out of school.

The mission of the OK CFSC is expand access to nutrition programs for Oklahoma’s children and teens by fostering networks and connections, sharing resources to build program capacity, and advocating for improved program policies.

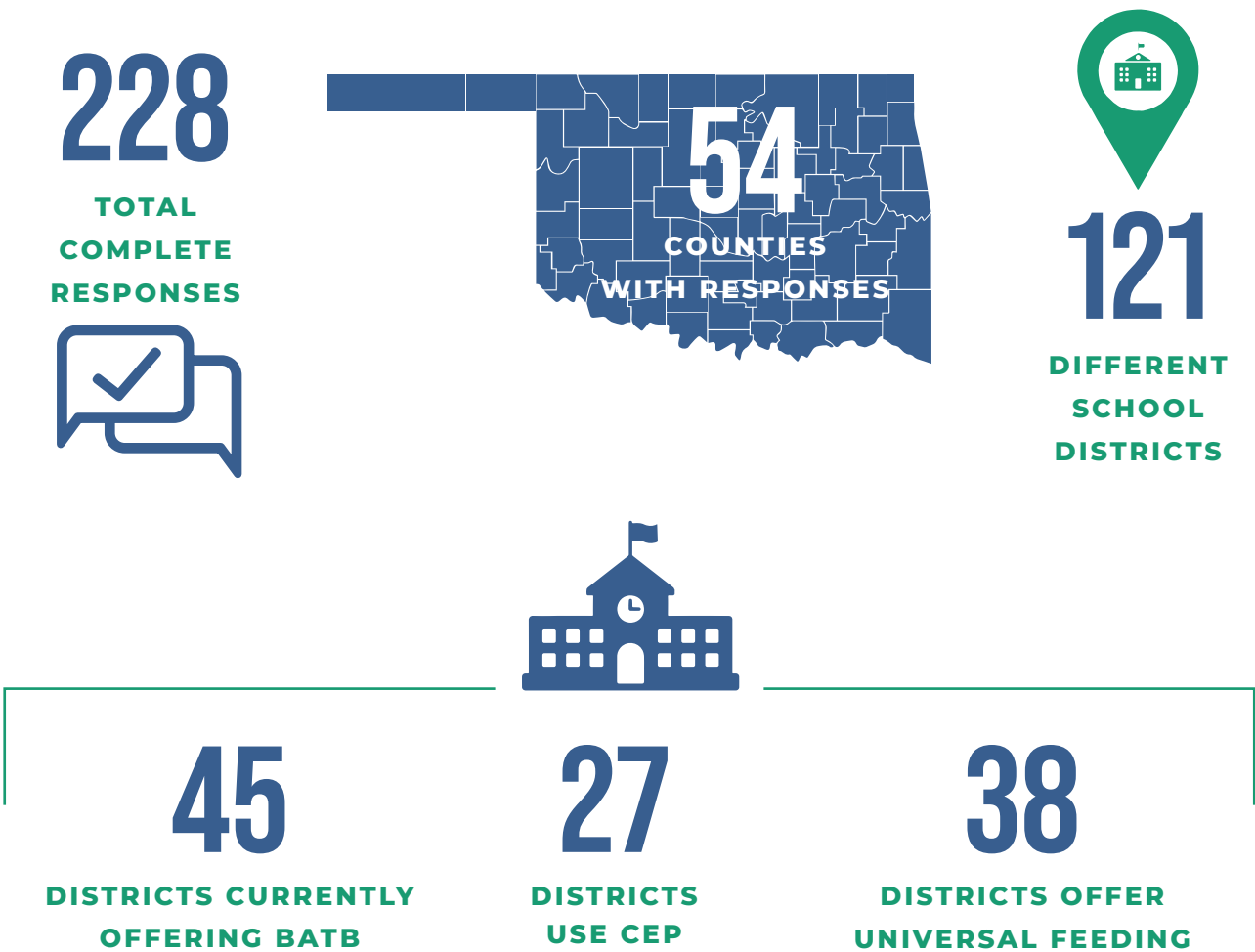
Partners from state agencies, school districts, food banks, youth development organizations, Tribal governments, nonprofits, and advocacy organizations collaborate to increase participation in nutrition programs across the state.

Learn more about OK CFSC and how you can participate by visiting <https://hungerfreeok.org/ok-cfsc>.

OVERVIEW OF 2019 OKLAHOMA SCHOOL FOOD SECURITY SURVEY

The Oklahoma School Food Security Survey was launched in 2019 to better understand child food security efforts in schools across Oklahoma. While questions covered a broad base of topics around improving food security, the survey’s focus was on school breakfast programs.

Survey highlights include:



- + GRAB AND GO IS THE MOST WIDELY USED MODEL
- + SECOND CHANCE IS THE SECOND MOST COMMON MODEL

Click this [link](#) to complete your HFO School Profile and let us know how your school is improving food security for your community.

TECHNICAL NOTES

The data in this report are collected from Oklahoma State Department of Education (OSDE) and a survey of Oklahoma school districts conducted by Hunger Free Oklahoma. This report does not include data for private schools, charter schools, or juvenile detention centers operating in Oklahoma. In cases where discrepancies or large variances were identified, schools were contacted directly to verify the data. In cases where data provided by the school and data provided by OSDE did not match and the meal counts could be verified, we have substituted school data for OSDE data. HFO acknowledges that data provided by OSDE reflects data reported by schools at the time of the data request and that schools and the state might revise those numbers at any time after that point.

The data in this report and its companion data set online represent meals served from September through April for the following school years: 2016-2017, 2018-2019, 2019-2020, and 2020-2021. Prior to the COVID-19 pandemic school meals were served almost exclusively through the National School Lunch Program. However, beginning in April of 2020 schools began serving meals using the Summer Food Service Program and Seamless Summer Program. In order to most accurately account for meals served by each school district, HFO has combined meal totals from each of these programs to estimate the total meals served. Below you will find descriptions of key data indicators included in this report and how they were calculated.

METHODOLOGY

A. Calculation of Total Meals Served

- 1. Until 2018-2019 Total Breakfast Meals was the number of breakfasts served through the National School Lunch Program (NSLP) between September and April of each year.
- 2. For school years 2019-2020 and 2020-2021 Total Breakfast Meals includes breakfasts served through NSLP, Summer Food Service Program (SFSP), and the Seamless Summer Option (SSO).
- 3. School year 2020-2021 only captures breakfasts served from September through February as data reported from the first two months of the pandemic in March and April contained multiple anomalies that could not be adequately accounted for.

B. Calculation of Total Breakfast Days and Total Lunch Days

- 1. Until 2018-2019 Total Breakfast Days and Total Lunch Days were calculated as the number of days a school operated NSLP between the months of September and April.
- 2. For school years 2019-2020 and 2020-2021 Total Breakfast Days and Total Lunch Days were calculated by summing the number of days a school operated NSLP, SFSP, and/or SSO between September and April.

C. Calculation of Average Daily Participation Variables:

- 1. The calculation of Breakfast ADP and Lunch ADP were conducted following Eq1. And Eq2 for each of the public schools included in this report.

BREAKFAST ADP = $\frac{\text{Total Breakfast Meals}}{\text{Total Breakfast Days}}$ EQ.1

LUNCH ADP = $\frac{\text{Total Breakfast Meals}}{\text{Total Breakfast Days}}$ EQ.2

TECHNICAL NOTES

- 2. School closures in 2019-2020 and 2020-2021 reduced the total number of operating days which is reflected in many schools' ADP.
- 3. Statewide ADP was calculated by summing ADP for all districts.

D. Calculation of Students Participating in SBP per 100 in NSLP

- 1. The number of students in SBP per 100 in NSLP is a useful tool for measuring school breakfast participation.
- 2. In the school year 2020-2021, lunch participation dropped drastically resulting in an increase in the ratio of students participating in SBP per 100 in NSLP. For this reason, the measure is not indicative of an improvement during this period.

E. Percent change in participation

- 1. This calculation of percent change in participation shows the change in ADP between the two school years of measurement included in this report.

PERCENTAGE CHANGE IN PARTICIPATION = $\frac{2020-2021\ ADP - 2018-2019\ ADP}{2018-2019\ ADP}$

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NOTES

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