

# HEALTHY SCHOOL MEALS

*fuel for  
success!*



Healthy Kids. Healthy Communities. Healthy Rhode Island.  
Niños Saludables. Comunidades Saludables. Un Rhode Island Saludable.



Did you grab **breakfast** and **lunch** at school today?

# CHILD NUTRITION PROGRAMS



**RIDE** Child  
Nutrition  
Programs

Through nutrition standards and our support for food services in our child care centers, schools, afterschool programs and summer programs, we ensure that Rhode Island youth have access to healthy meals that support their well-being and their readiness for learning.

The RI Child Nutrition Programs are federally assisted U.S. Department of Agriculture (USDA) programs that address hunger and promote good nutrition by providing nutritionally balanced, low-cost or free meals to children across the nation.

## School Breakfast Program

The School Breakfast Program (**SBP**) is a federally funded meal program that provides balanced, low-cost or free breakfasts to students across the country. Begun as a pilot in 1966, today 11.6 million students receive a nutritious breakfast each day through the program.

## National School Lunch Program

The National School Lunch Program (**NSLP**) makes it possible for all school children to receive a nutritious lunch every school day. Over 72,000 low-cost or free lunches are prepared and served in RI schools.

## Summer Food Service Program

The Summer Food Service Program (**SFSP**), also known as the Summer Meals Program, was established to ensure that children continue to receive nutritious meals when school is not in session. When school is out, SFSP provides free meals to kids and teens in qualifying areas.

## Child and Adult Care Food Program

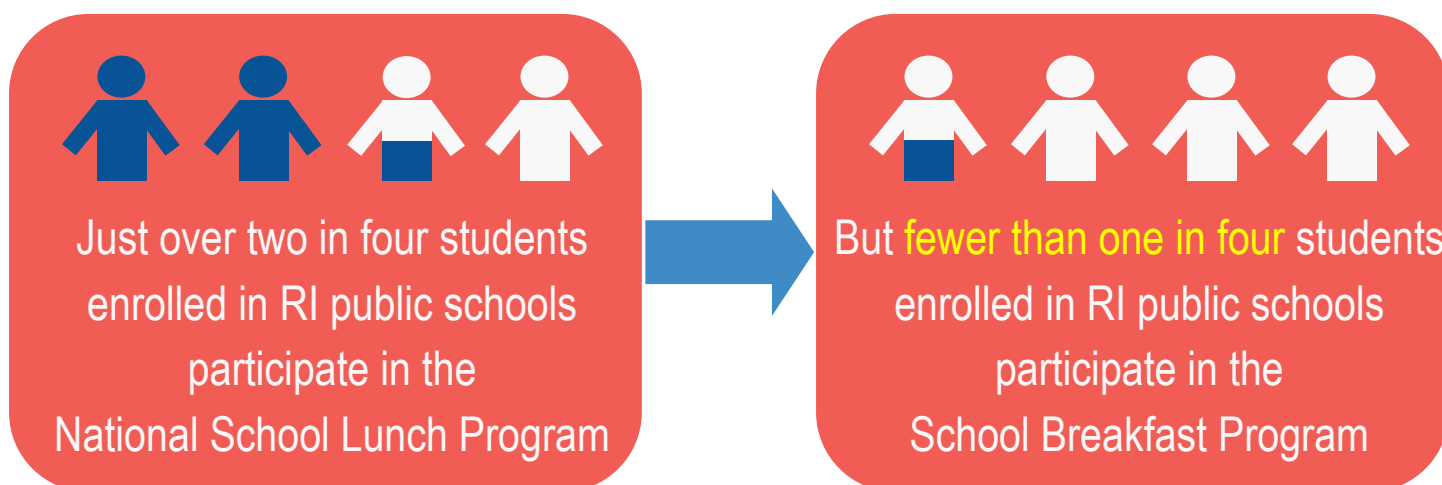
The Child and Adult Care Food Program (**CACFP**) helps child care providers serve nutritious meals and snacks to children in their care. With over 1 in 5 children in the U.S. in a food-insecure household, CACFP plays a vital role in improving the quality of care in communities. It also provides reimbursements for meals served to children in afterschool care programs or residing in emergency shelters, and adults over 60 living with a disability and enrolled in day care.

# WHY SCHOOL BREAKFAST?

*Kids do better when they start the day right.*

*Research shows that the simple act of eating school breakfast can dramatically impact a child's school day. Yet for too many families, there are obstacles to providing a healthy morning meal each day. Tight budgets and busy morning schedules can mean that many students arrive at school hungry and not ready to learn.*

*Currently in Rhode Island, only 23% of students enrolled in public schools access the School Breakfast Program.*



Stronger  
Attendance

Calmer  
Classrooms

Fewer Trips  
to the Nurse

Higher  
Test Scores

Higher  
Graduation  
Rates

## How does breakfast benefit kids?

Studies show that kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities, which help in maintaining a healthy body weight. Not only that, but there is also a proven connection with eating school breakfast and academic performance.

When children are hungry, their brains and bodies don't function properly and they feel tired, restless, irritable and less able to learn.

By increasing access to healthy, appealing school breakfasts, we're helping every child be their best and reach their full potential, at school and in life.

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## INCORPORATING BREAKFAST INTO THE SCHOOL DAY

Did you know? RI state law mandates that all public schools offer breakfast under the USDA School Breakfast Program, which offers balanced, low-cost or free breakfast to children daily, but it is underutilized by RI students.



Most schools offer breakfast to students in the cafeteria, prior to the start of the school day. This is a great start to ensuring that students are well-nourished and ready to learn but still provides only limited access to the fuel that our students need to start the day.

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Students eat together in the classroom at the start of the school day, after the morning bell, so it's possible for more children to participate. Breakfasts are delivered by students or staff to classrooms from the cafeteria via coolers or insulated rolling bags and students eat while teachers take attendance, collect homework or teach short lesson plans so no instructional time is lost.

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Students eat breakfast during a break in the morning, often between first and second period or midway between breakfast and lunch. Schools can serve breakfast using a Grab and Go model, or they can open the cafeteria to serve breakfast during the break. After the Bell Breakfast can be effective for middle or high school students who may not be hungry first thing in the morning.

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Conveniently packaged breakfasts are available to students from mobile carts located in high traffic locations such as school entrances, hallways or outside of the cafeteria. Students can eat in their classroom or in a common area before and after the bell has rung. Strategically placed trash cans allow students to eat when and where they want, within school guidelines.

# RI SCHOOLS SHARE THEIR SUCCESS

***"The research is very clear and overwhelmingly supports the important role that school breakfast plays in supporting student success. When children begin their school day having had breakfast, they are better prepared, more attentive and ready to engage in the academic day. The opposite is also true: children who come to school hungry are not prepared nor are they ready to learn."***

**Mary Anne Roll** | Lincoln School Committee Member / President, RI Assoc. of School Committees

***"Food presentation and customer service is key. Fresh, colorful, properly garnished food that's served by happy welcoming people goes miles. You can't beat that type of environment."***

**Ryan Hurley** | Director of Dining Services Central Falls Public Schools and International Charter School, Central Falls



***"Our families need our support and providing students with an additional meal is just another way to meet families where they are and help students and families succeed. Breakfast in the Classroom is a program that helps us address our Community School initiatives and goals that we've set to reach our students and families. Students are in school, with full bellies, and ready to learn."***

**Jennifer Surmeian** | Community School Resource Coordinator at William J. Winters Elementary School, Pawtucket Public Schools



***"We were lucky enough to receive a grant to pay for two breakfast carts. We use them at the entrance of the high school and in the gym where students gather at our middle school. Even though we are just rolling it out, it's been very well-received. It's great that kids can get a healthy meal on the go, even when they're a little late."***

**Rory D. Marty** | Director of Operations and Safety, Central Falls Public Schools



***"I have found that Grab and Go Breakfast brings the best results in expanding school breakfast. A mobile design is versatile, allows for more menu choices, and can be used in many different locations. Carts can be used to expand the number of service points in your cafeteria, or moved throughout the school campus to increase student access to school breakfast. These mobile carts can use the school's technology network for the needed meal accountability."***

**Ellen Shalvey** | Food Service Director, Sodexo – Woonsocket Public Schools



***"We implemented Grab and Go Breakfast for the first time last January. It has been much easier and more inviting to our students. It also moves them more quickly to class. The best part of the new program for us is that more students are eating breakfast."***

**Donna M. Coderre** | Principal, Leo Savoie Elementary School, Woonsocket Public Schools





# RHODE ISLAND SCHOOL MEALS REPORT CARD



36 Districts



271 Schools



131,188 Students Enrolled

ADP: Average number of students eating each day

Districts	# of Students Enrolled	Total Breakfasts	ADP-Breakfast	Total Lunches Served	ADP Lunches
Barrington Public Schools	3,319	8,628	53	170,936	1,055
Bristol Warren Public Schools	3,194	47,166	297	225,849	1,420
Burrillville Public Schools	2,254	25,344	156	157,338	971
Central Falls Public Schools	2,677	276,488	1,728	484,632	3,029
Chariho Regional Public Schools	3,214	35,951	222	182,073	1,124
Coventry Public Schools	4,702	65,636	410	280,357	1,752
Cranston Public Schools	10,320	446,263	2,536	737,047	4,188
Cumberland Public Schools	4,611	223,682	1,407	489,126	3,076
East Greenwich Public Schools	2,523	11,379	71	109,017	677
East Providence Public Schools	5,035	158,074	1,000	397,866	2,518
Exeter-W. Greenwich Schools	1,628	14,131	89	95,755	602
Foster Public Schools	272	5,781	36	16,399	103
Foster-Glocester Schools	1,302	20,011	126	62,609	394
Glocester Public Schools	523	11,769	74	37,170	234
Jamestown Public Schools	502	2,908	18	23,780	147
Johnston Public Schools	3,198	60,110	378	223,996	1,409
Lincoln Public Schools	3,103	48,877	304	183,470	1,140
Little Compton Public Schools	244	370	2	14,268	90
Middletown Public Schools	2,116	22,807	140	161,763	992
Narragansett Public Schools	1,275	11,368	70	69,323	428
New Shoreham Public Schools	133	1,624	10	6,320	39
Newport Public Schools	2,080	77,042	473	188,658	1,157
North Kingstown Public Schools	3,965	55,978	346	170,299	1,051
North Providence Public Schools	3,517	103,608	652	250,492	1,575
North Smithfield Public Schools	1,652	11,432	72	89,516	563
Pawtucket Public Schools	8,626	383,741	2,413	955,790	6,011
Portsmouth Public Schools	2,413	16,030	101	134,798	848
Providence Public Schools	23,688	2,080,651	12,610	2,834,713	17,180
Scituate Public Schools	1,230	5,572	35	68,351	433
Smithfield Public Schools	2,413	23,712	150	115,340	730
South Kingstown Public Schools	2,960	33,751	207	168,999	1,037
Tiverton Public Schools	1,738	23,614	146	121,960	753
Warwick Public Schools	8,643	106,755	651	567,489	3,460
West Warwick Public Schools	3,536	90,887	572	312,218	1,964
Westerly Public Schools	2,676	49,285	301	162,622	992
Woonsocket Public Schools	5,906	355,649	2,236	585,838	3,685
<b>TOTAL</b>	<b>131,188</b>		<b>30,093</b>		<b>66,827</b>



Disparity between Breakfasts & Lunches served **36,734 per day**



# RHODE ISLAND SCHOOL MEALS REPORT CARD

19 Charter/Independent Schools 32 Schools 5,819 Students Enrolled ADP: Average number of students eating each day

Charter/Independent School	# of Students Enrolled	Total Breakfasts	ADP- Breakfast	Total Lunches Served	ADP Lunches
Beacon Charter School	229	4,492	29	15,256	98
Blackstone Academy Charter School	356	12,882	81	35,696	225
Charette Charter School	83	2,768	19	6,056	41
Highlander-Warren Charter School	450	36,572	231	67,483	427
International Charter School	370	16,786	106	40,763	256
Kingston Hill Academy	189	2,110	13	9,381	57
Metropolitan Reg. Career &Tech	781	35,674	227	41,767	266
Nowell Leadership Academy	160	3,658	22	4,185	25
Paul Cuffee Charter School	803	36,121	229	75,835	480
RI Nurses Institute	272	6,035	37	19,883	122
RI School for the Deaf	131	6,869	77	8,671	53
Southside Elementary Charter School	118	9,378	58	12,722	79
The Compass School	177	332	2	1,884	12
The Greene School	202	2,268	14	4,293	27
The Providence Center School	55	1,534	10	4,819	32
Trinity Academy for the Performance Arts	215	8,215	50	22,507	136
Urban Collaborative	135	5,403	32	13,510	80
Village Green Virtual Charter School	225	1,985	13	8,983	59
William M. Davies Career & Tech	868	33,386	211	79,541	503
<b>TOTAL</b>	<b>5,819</b>		<b>1,461</b>		<b>2,978</b>

Disparity Breakfast and Lunch Served **1,517 per day**

## WHAT CAN YOU DO TO SUPPORT FOOD ACCESS FOR STUDENTS?

**C**ONNECT

Using existing resources, media outlets or points of information at your reach; share information that promotes healthy school meals to fuel our students for success!

**A**CT

Learn about strategies and best practices that have successfully increased student participation in the National School Breakfast and Lunch Programs. Get involved with your school's Wellness Committee and become a healthy school meals hero by championing these new strategies.

**R**EDIRECT

Turn challenges into opportunities - share tools and resources to promote healthy school meals for all students.

**E**MPOWER

Help students take an active roll in supporting and expanding healthy school meals at their schools. Remember, the meals students get at school may be the only and last meals they have each day.

*"You can make the difference and be a healthy school meals hero!"*

For more information and help developing an improved breakfast program in your community, contact Azade Perin, RIDE Nutrition Programs Outreach Coordinator  
[Azade.Perin@ride.ri.gov](mailto:Azade.Perin@ride.ri.gov)

