**RI Department of Education Breakfast After the Bell Toolkit (2020)**

**COMMUNICATE TO FAMILES: Sample Letter Home for Grab & Go Breakfast**

[DATE]

Dear Parents and Guardians,

[School Name] is starting a new Grab & Go breakfast program available to all students at the beginning of every school day! Starting on [Date] breakfast carts will be stationed at [locations in the school] for students to “grab” a complete breakfast to eat [on the way to class, in their classrooms and/or in designated eating areas]. It’s that simple!

Why School Breakfast? Because it’s the most important meal of the day!

* Students have better concentration after eating and are more likely to retain what they’re learning in class
* Students have fewer stomachaches and headaches and trips to the nurse when they’ve had breakfast
* Eating a healthy breakfast improves mood and behavior

Why Grab & Go? Because more kids can eat!

* Not all students arrive before the start of school to eat in the cafeteria. Buses sometimes don’t arrive on time and many parents are rushed in the morning when driving kids to school.
* Some kids choose socializing with friends or playing outside rather than eating
* All students can’t fit in the cafeteria at one time
* Students may not be hungry early in the morning before school

We’re hopeful our new Grab & Go breakfast program will encourage more students to start their school day the healthy way! Please contact [name/email] for more information or check out [website] for complete Grab & Go program details as well as current menus and cost. (All grab & go meals meet the same nutrition standards as cafeteria meals.)

Sincerely,

[Name]

[Title]