

RISE AND SHINE ILLINOIS CAMPAIGN RESEARCH SUMMARY: SCHOOLS NEED 'BREAKFAST AFTER THE BELL'



Illinois currently ranks 42nd in feeding kids school breakfast, which means thousands of children from low-income families are starting the school day without a meal. Our kids can't learn on an empty stomach.

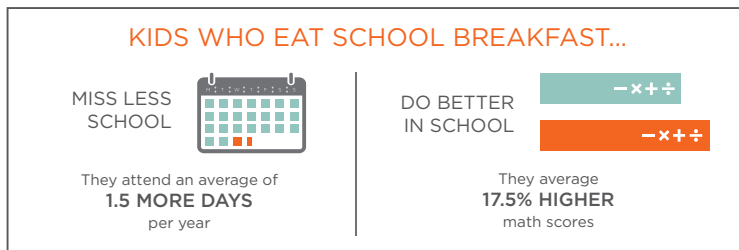
There are easy steps we can take to make sure our kids are set up for success. More than 175,599 Illinois students who face hunger can more easily access school breakfast if we update the language in the School Breakfast and Lunch Act.

Making breakfast an official part of the school day through 'Breakfast after the Bell' models ensures that all students have the healthy food they need to learn and succeed in the classroom.



"We've seen a pretty drastic reduction in the number of kids that are coming down to the office with stomachaches and headaches. Often kids don't make that connection—that they didn't eat, and they think they're sick."

—Principal Nancy Gancy, Memorial Elementary, Taylorville



BREAKFAST MAKES ACADEMIC SENSE

Research shows that when kids eat school breakfast, test scores rise, attendance improves and graduation rates jump. Making sure more kids have access to breakfast would have a profound impact on academic achievement in Illinois.¹

"We have seen an increase in attendance and decrease in tardiness. I know that for our kids, their two best meals of the day are in school. I know there are kids who don't have food at home."

—Scott Riddle, Principal, Beardstown Middle School/High School

BREAKFAST MAKES FINANCIAL SENSE

When children are hungry, they struggle to grow up into strong, healthy and productive members of our society, leading to long term costs to our community.

But breakfast makes short term financial sense as well. If schools with high rates of poverty reached an ideal 70% school breakfast participation rate it would bring in an **additional \$42 million dollars** of federal funding into Illinois schools.²

Every high-need school in Illinois would see positive revenue if they switch to Breakfast after the Bell. The Illinois Legislature should act to require high-need schools to choose one of these common sense models that would not only better serve their students, but would benefit their budgets. Learn more at RiseAndShineIllinois.org

¹ Ending childhood hunger: A social impact analysis; 2013. Deloitte. <http://www.nokidhungry.org/pdfs/school-breakfast-white-paper.pdf>

² Illinois School Breakfast Financial Sustainability Report; 2015. Rise and Shine Illinois.

THE BREAKFAST AFTER THE BELL BILL

SB 2393 – AMENDMENT TO THE CHILDHOOD HUNGER RELIEF ACT



In Illinois, over 817,000 students depend on a free or reduced price school lunch, but fewer than half of those kids are getting a school breakfast. While Illinois already requires that schools provide breakfast, serving breakfast in the cafeteria before the school day starts isn't working. Transportation schedules and social stigma are barriers that prevent kids from eating school breakfast.

Illinois ranks 42nd in providing school breakfast. Breakfast after the Bell models embrace proven best practices to overcome these barriers, leading to stronger academic performance and reduced absenteeism among students.

THIS LEGISLATION WOULD:

- Direct high-needs schools to use a breakfast after the bell delivery model for their school breakfast program if they are not already doing so.
- Build on Illinois' existing requirement that high needs schools offer school breakfast
- Provide flexibility in the model of breakfast after the bell available to schools
- Reach as many as 175,000 additional low-income students with school breakfast.
- Increase federal funding to schools.

WHICH SCHOOLS ARE INCLUDED IN THE BILL?

The bill addresses schools with a high percentage of kids who live in food insecure households. In these schools, 70% or more of the students are eligible for free or reduced-price lunches.

WHY THIS BILL WORKS:

- **It maximizes morning schedules:** Illinois teachers say that on average, eating breakfast in the classroom takes less than 15 minutes. More than nine in ten teachers use this time to do necessary activities like take attendance or listen to classroom announcements.
- **It gives schools flexibility:** Schools will choose the breakfast after the bell model that works best for them.
- **It maintains payment options:** Schools can choose their own reimbursement method, whether it's the Community Eligibility Provision, standard breakfast fees or universal free breakfast.

WHO SUPPORTS BREAKFAST AFTER THE BELL?

Teachers:

Teachers see hunger in their classrooms, and understand its effects better than anyone. According to a recent statewide poll of Illinois teachers, 84% said that addressing child hunger should be a high priority for the state government in Illinois.

Community Organizations:

- Bread for the World
- Catholic Charities of the Archdiocese of Chicago
- Central Illinois Foodbank
- Community Organizing and Family Issues
- Eastern Illinois Foodbank
- EverThrive Illinois
- Feeding America
- Feeding Illinois
- Greater Chicago Food Depository
- Heartland Alliance
- Illinois Action for Children
- Illinois Chapter, American Academy of Pediatrics
- Illinois Coalition for Community Services
- Illinois Coalition for Immigrant and Refugee Rights
- Illinois Parent-Teacher Association
- Northern Illinois Food Bank
- Ounce of Prevention Fund
- River Bend Foodbank
- Sargent Shriver National Center on Poverty Law
- Share Our Strength's No Kid Hungry campaign
- St. Louis Area Foodbank
- Voices for IL Kids
- YMCA of Metropolitan Chicago

For more information, visit IllinoisBreakfast.org