

No Kid Hungry: Back to School Breakfast Tips

Education Week Blog Post

Teachers like Brett Bigham, 2014 Oregon Teacher of the Year, are on the front lines of childhood hunger -- they have firsthand experiences with children who are hungry in their classrooms. Often on a tight budget themselves, teachers still find ways to provide for their hungry students. Read and share Brett's story featured on [Education Week's blog](#).

Tweet

"I didn't know there were kids going hungry every day until 1st day in my own classroom" says @2014ORTOY @NNSTOY @NoKidHungry bit.ly/2iHeMhQ

Hunger in Our Schools

Stories like Brett's are not uncommon. An updated edition of No Kid Hungry's [Hunger In Our Schools report](#), which surveyed teachers along with families and kids themselves, highlights the alarming statistics about the challenges for children facing hunger.

Tweet

New research from @NoKidHungry shows too many kids aren't getting enough to eat. Learn more at bit.ly/2wj77bB. #HungerInOurSchools

School Breakfast Awareness

Fortunately, there are sustainable solutions like the National School Breakfast Program that can end childhood hunger. These federal nutrition programs that are already operating in schools ensure sure kids have access to food when they need it, regardless of zip code, age, time of year or time of day. As you and your networks kick off this new school year, here are a few things you can encourage your network to do to build awareness and understanding about school breakfast.

- Observe how and where breakfast is served at school. Are certain kids missing out? Are the specific barriers that seem to keep some kids from accessing school breakfast? Share observations with administrators, other teachers, and School Nutrition Staff. (Find more information on [innovative breakfast delivery models](#) here.)
- Encourage students to eat breakfast and notice the impact! Are students more on task? Do visits to the School Nurse decline? (Learn more about [breakfast nudges](#) and how they increase breakfast participation.)
- During back to school nights, teachers and administrators can encourage parents to return school meals paperwork and share the benefits of eating breakfast at school. (Click for parent outreach materials in [English](#) and [Spanish](#).)
- Have a conversation with your administrators or School Nutrition Directors about breakfast. Are there ways to support each other's work to make sure all your students are getting the healthy start they need? (See this [timeline](#) for implementing a new breakfast model.)
- Share the importance of school breakfast on social media. Find a few sample tweets below:
 - When kids are hungry to eat, they cannot be hungry to learn. #School Breakfast ensures all kids have access to a healthy start #NoKidHungry
 - Hunger makes school harder. #School Breakfast helps end childhood hunger and improve test scores #NoKidHungry Learn more: bit.ly/2go3gqR
 - Three out of 4 public school teachers say that students come to school hungry. #School Breakfast can help! #NoKidHungry bit.ly/2go3gqR