

# Ohio School Breakfast Program: Implementation and Effectiveness



**OFFICE OF INTEGRATED STUDENT SUPPORTS**

# Implementation and Effectiveness of the Ohio School Breakfast Program

## 2019-2020 School Year

State law<sup>1</sup> requires the Ohio Department of Education to report on the implementation and effectiveness of the School Breakfast Program using the following data measures.

- (1) The number of students and participation rates in the free and reduced-price breakfast program for each school building;
- (2) The type of breakfast model used by each school building taking part in the breakfast program; and
- (3) The number of students and participation rates in free or reduced-price lunch for each school building.

The Ohio Department of Education prepared this report with data collected through the Claims Reimbursement and Reporting System (CRRS). The data in CRRS is reported by school food authorities whose buildings take part in the School Breakfast Program.

### School Breakfast Program Background

The Ohio Department of Education's Office of Integrated Student Supports administers the U.S. Department of Agriculture (USDA) Child Nutrition Programs in Ohio. Piloted by the Child Nutrition Act of 1966, the School Breakfast Program reimburses public and nonpublic schools that serve nutritious breakfasts to children in prekindergarten through grade 12. United States Congress made the School Breakfast Program permanent in 1975. Schools taking part in Ohio's School Breakfast Program collectively serve more than **71 million breakfasts to 1.7 million enrolled children** per year.<sup>2</sup>

Research shows that healthy, nutritious diets help children grow and succeed, and healthy meals are an important factor in school performance. Evidence shows that regularly eating breakfast before or during school significantly correlates with positive academic outcomes<sup>3</sup> for children. According to pediatricians, a good diet gives children better verbal skills, better memory and a more consistent focus in the classroom. Additionally, breakfast positively correlates with student attendance. Research shows that students who receive breakfast regularly also attend nearly two more days of school per year than students who go hungry.<sup>4</sup>

[Each Child, Our Future](#) is Ohio's shared plan to ensure each student is challenged, prepared and empowered for his or her future by way of an excellent prekindergarten through grade 12 education. The plan's purpose is to lift aspirations, create hope and excitement, guide development of state-level education policies and promote high-quality educational practices across the state.

To advance this plan, the Office of Integrated Student Supports focuses on strategies and programs to meet the needs of the *whole child*. School Breakfast Programs touch on three core principles of the plan: equity,

<sup>1</sup> Ohio Revised Code Section 3313.818

<sup>2</sup> Source: monthly meal counts in the Ohio Claims Reimbursement and Reporting System (CRRS)

<sup>3</sup> Hossein M. et al (2019) The relationship of breakfast and snack foods with cognitive and academic performance and physical activity levels of adolescent students, *Biological Rhythm Research*

<sup>4</sup> Taras H. (2005) Nutrition and student performance at school, *Journal of School Health*

partnerships and quality schools. Children may gain social, behavioral and academic benefits by participating in their schools' breakfast programs; many successful breakfast programs rely on community and business partnerships; and successful breakfast programs drive schools toward improved academic outcomes.

Education program specialists in the Office of Integrated Student Supports serve to maximize school breakfast participation and meet the needs of the whole child. They ensure Ohio schools comply with USDA regulations relating to school nutrition programs, deliver program guidance via compliance audits, assist with program applications, and engage school staff and observe meal service operations through on-site visits.

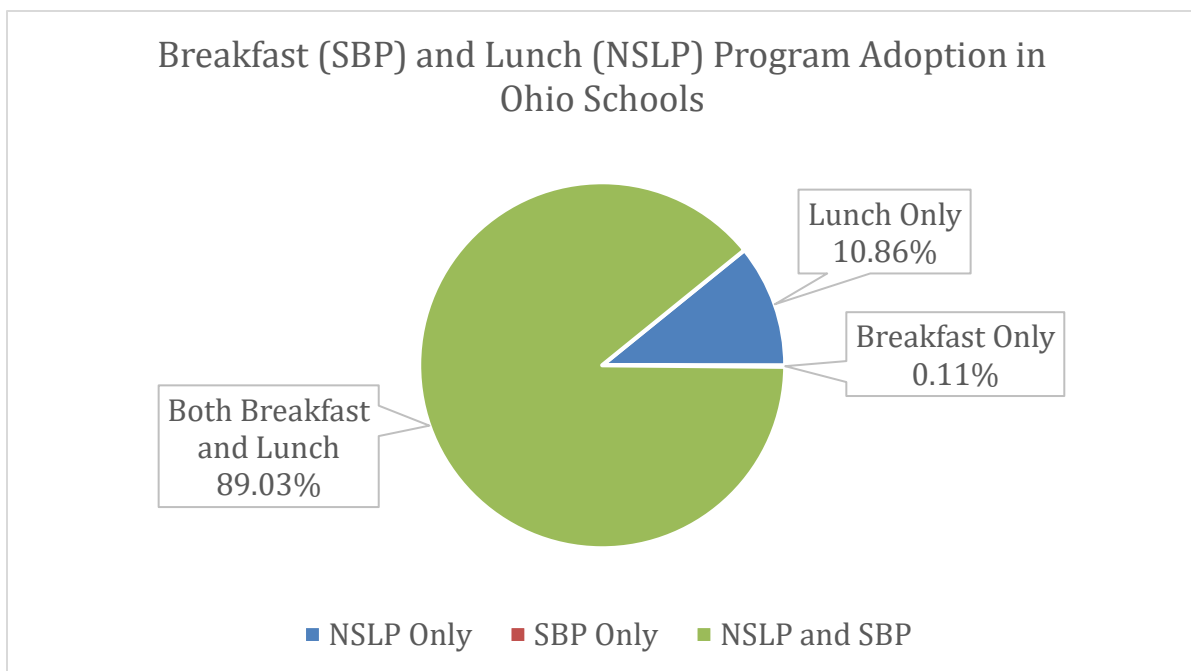
## Schools That Adopt Breakfast Programs

This report illustrates three types of data:

1. The total percentage of schools offering morning meals through the Ohio School Breakfast Program;
2. The program participation rate at those schools; and
3. The numbers of schools feeding students under a variety of breakfast service models.

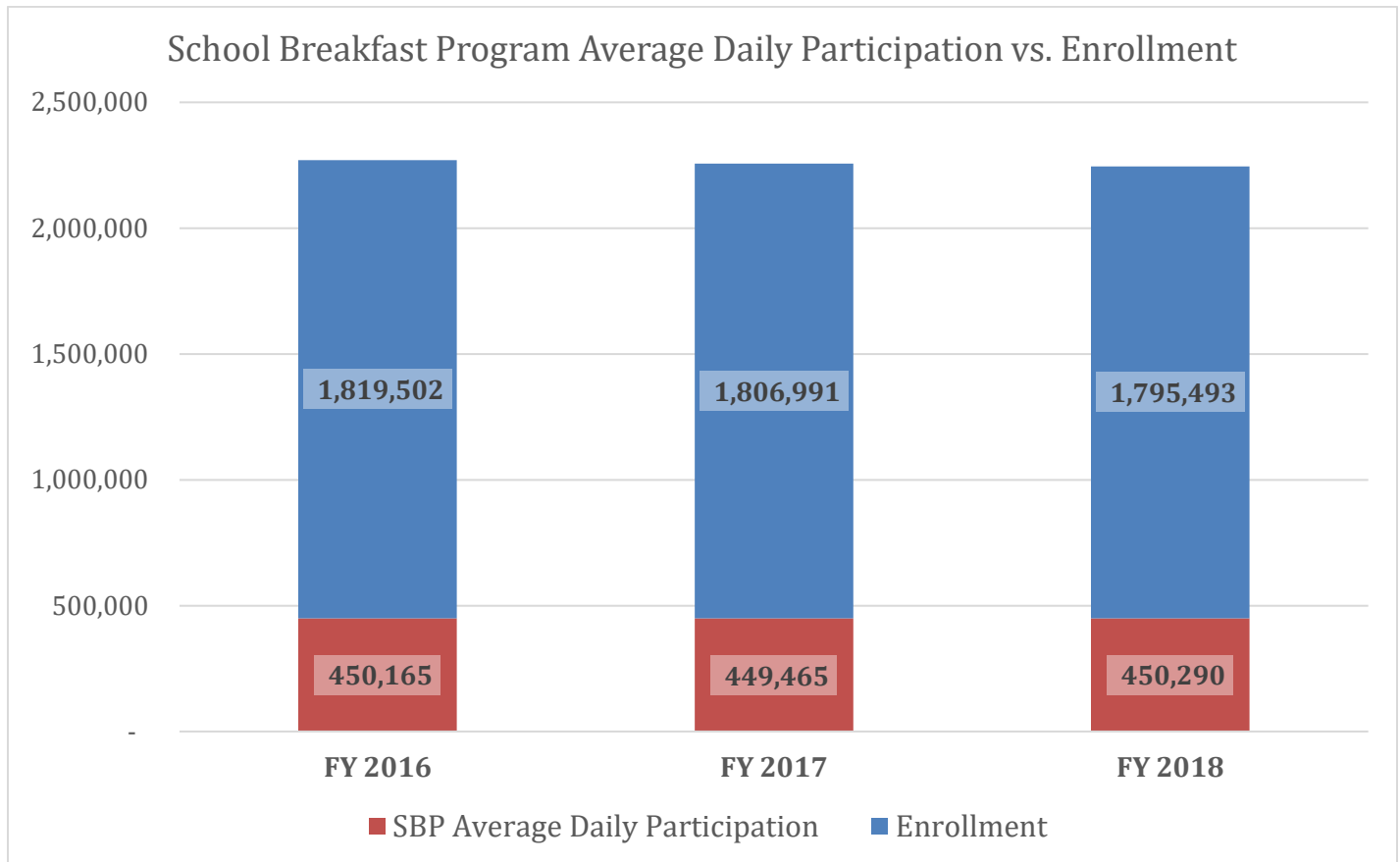
The report also reveals trends in Ohio School Breakfast Program eligibility and participation. Graphs in the report show both past and current Ohio School Breakfast Program data, with additional analysis at the school building level. See the [full data set for each school building](#) included in this report on the Department's website.

In the 2019-2020 school year, **3,674 Ohio schools** offer USDA nutrition programs. **More than 89 percent of these schools** operate both the School Breakfast Program and National School Lunch Program.



## School Breakfast Participation

Using data from the 2016, 2017 and 2018 school years, the Department divided School Breakfast Program average daily participation<sup>5</sup> (red bar below) by Ohio's statewide student enrollment<sup>6</sup> (blue bar) to calculate the percentage of students who take part in the School Breakfast Program. The years displayed are the most recent years for which full school enrollment data is available.



The School Breakfast Program participation rates by year for 2016-2018 are as follows:

- Statewide School Breakfast Program participation rate in 2016: 24.7 percent;
- Statewide School Breakfast Program participation rate in 2017: 24.9 percent;
- Statewide School Breakfast Program participation rate in 2018: 25.1 percent.

See the full [data set for each school building](#) on the Department's website.

<sup>5</sup> Source: <https://www.fns.usda.gov/pd/child-nutrition-tables>

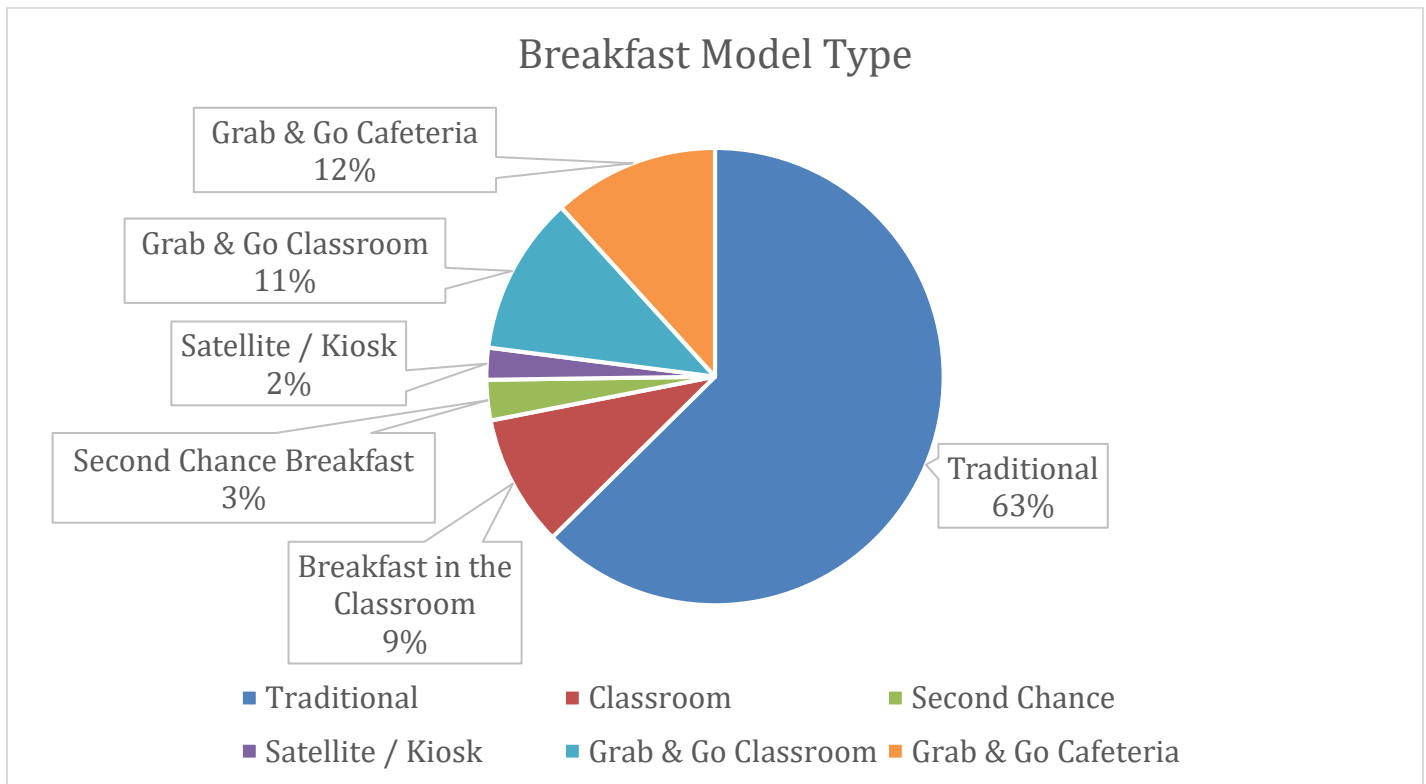
<sup>6</sup> Source: Ohio Department of Education, Advanced Report Cards

## Summary of Breakfast Model in Each School as of Nov. 7, 2019

For the 2019-2020 school year, the Department collected new data from each school taking part in the School Breakfast Program. Schools now report the breakfast models they are using in each building. The graph below illustrates the breakfast models reported by each school in the 2019-2020 school year.<sup>7</sup>

Breakfast models include, but are not limited to, the following:

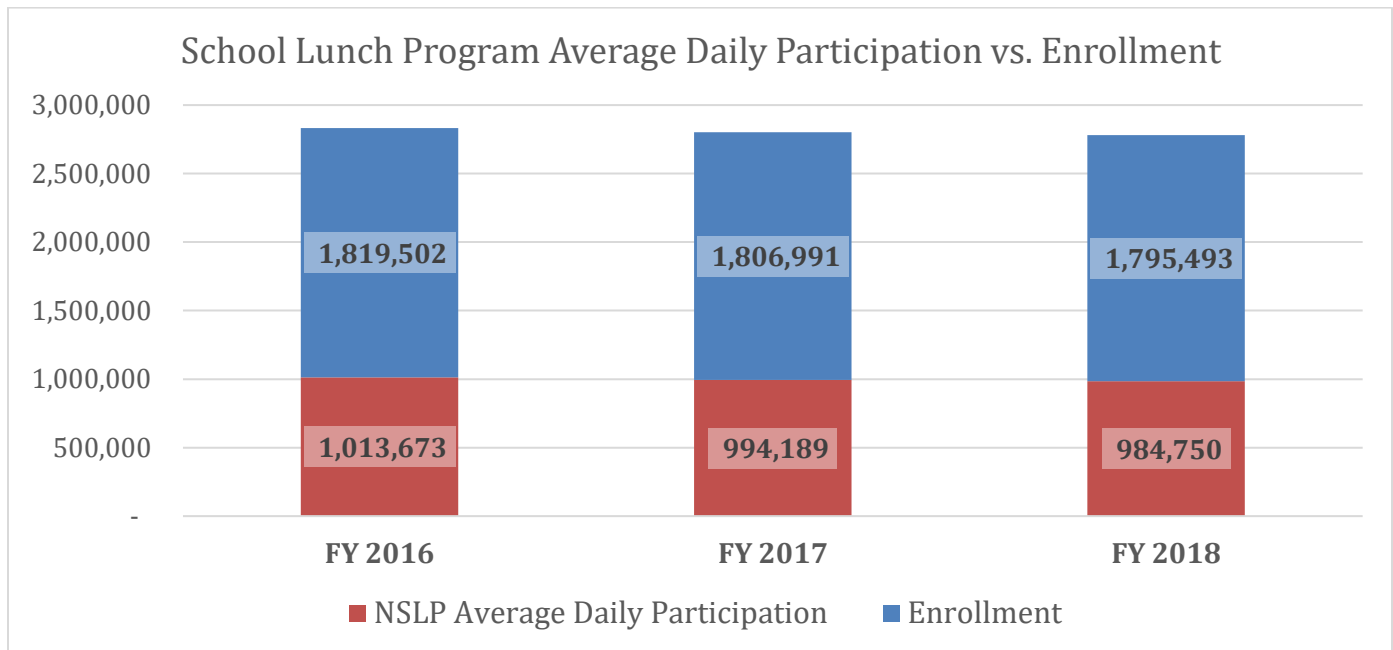
- Traditional: Breakfast served in the cafeteria on a traditional serving line before the school day begins;
- Breakfast in the Classroom: Bagged or boxed breakfasts served in the cafeteria or classroom containing the required nutritional components. Students can eat in the classroom before or during the first class period;
- Second-Chance Breakfast: Students eat breakfast after the school day begins, generally after the first period, in the cafeteria;
- Satellite Breakfast/Breakfast Kiosk: Students pick up bagged breakfasts in the hallway on their way to classes;
- Grab and Go – Cafeteria: Students pick up bagged breakfasts and eat in the cafeteria; or
- Grab and Go – Classroom: Students pick up bagged breakfasts and eat in the classroom.



<sup>7</sup> Source: Ohio Department of Education, Claims Reimbursement and Reporting System

## School Lunch Program Participation

Using data from the 2016, 2017 and 2018 school years, the Department reviewed total statewide enrollment and National School Lunch Program participation to determine participation rates. The participation rate is determined by dividing National School Lunch Program average daily participation<sup>8</sup> (red bar below) by the statewide school enrollment for Ohio<sup>9</sup> (blue bar). The years displayed are the most recent years for which full school enrollment data is available.



The School Lunch Program participation rates by year for 2016-2018 are as follows:

- Statewide School Lunch Program participation rate in 2016: 55.7 percent
- Statewide Lunch Program participation rate in 2017: 55.1 percent
- Statewide Lunch Program participation rate in 2018: 54.8 percent

See the full [data set for each school building](#) on the Department's website.

## Summary

This report illustrates the statewide implementation and effectiveness of Ohio's School Breakfast Program. The full data set for each school building is available on the Ohio Department of Education website. In Ohio, more than 89 percent of schools with USDA nutrition programs operate the School Breakfast Program. In the 2017-2018 school year, 25.1 percent of enrolled children participated in the School Breakfast Program and 54.8 percent participated in the National School Lunch Program. Traditional breakfast service remains the most popular breakfast model. For schools offering alternate models, schools most often use Grab and Go – Cafeteria or Grab and Go – Classroom.

<sup>8</sup> Source: <https://www.fns.usda.gov/pd/child-nutrition-tables>

<sup>9</sup> Source: Ohio Department of Education, Advanced Report Cards