

Resources for Teachers

Breakfast After the Bell 101 Videos: Geared towards teachers and principals, these short videos outline how Breakfast After the Bell benefits students and classrooms, and can be a seamless part of the instructional day in four easy steps.

Breakfast in the Classroom Myths: This easy-to-read document addresses common myths and concerns about Breakfast in the Classroom, and provides facts and testimony from teachers who have already implemented.

School Breakfast – Healthier Than You Think: This resource provides teachers with helpful nutritional information about school breakfast. School Breakfast often gets a bad rap for being unhealthy, when in reality the food options served at breakfast must adhere to strict nutritional guidelines, and are often much healthier than store-bought breakfast.

How School Meals Reach Students: This resource traces the path of the funding that supports school breakfast and lunch from Congress to cafeteria. It also answers common questions that educators have about how the programs work.

Classroom Activity Guide: The New York City Department of Education’s guide for teachers contains ideas for classroom activities, rules, structure and weekly schedules that you can adapt to your own school learning environment and state guidelines.

Classroom Set Up and Clean Up: This resource outlines how classrooms can be affected by Breakfast After the Bell, and shares best practices on how to create a plan for classroom set-up and clean up where breakfast is served or eaten.

Breakfast After the Bell Rollout Timelines: These Rollout Timelines outline action steps school stakeholders can take to help prepare for the launch of Breakfast After the Bell. The rollout timelines span both long-term action steps and short-term action steps -- starting at 8 weeks before implementation and counting down each week until launch.



Get the Word Out in your School and Community: Using these communication materials like backpack flyers, posters, sample social media language, and more will help you build a network of champions in your school and community.

Hear from Teachers



Peoria Elementary School Erases the First Obstacle to Learning: [Hear from](#) a Peoria principal, teacher, cafeteria manager, food services manager and student on their success with breakfast in the classroom.



Classrooms as Communities: [Hear from New Orleans teachers](#) who say that breakfast turned their classroom into a community, and brought them closer to their students.



Breakfast Success Story from Longfellow Elementary: [Watch](#) a Minnesota teacher, food service lead, principal and students share why giving every kid breakfast each morning matters.



School Breakfast Two Ways: Central Illinois Foodbank [talks to](#) principals and teachers about how two different school breakfast models work in their schools.

WE ARE TEACHERS

Teacher's Guide to Understanding Childhood Hunger

These powerful resources will give educators the tools they need to fight hunger in their schools and communities.

We Are Teachers Guide to Understanding Childhood Hunger: Read [tools and resources](#) from We Are Teachers, No Kid Hungry and Sodexo Stop Hunger Foundation on how to teach about hunger and provide opportunities to inspire the next generation to take a stand against hunger.