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## **Teachers at Washington Making Breakfast in the Classroom a Success!**

The number of students eating breakfast each morning has doubled at Washington Elementary because of the teacher's help to implement the Breakfast in the Classroom (BIC) Program. On January 11<sup>th</sup> we started Breakfast in the Classroom at Washington Elementary.

Our daily average breakfast participation jumped from 80 – 85 students eating in the gym before



school to 160 students now eating breakfast in their classroom. The students are offered a nutritious breakfast including whole grains, fresh fruit, low fat dairy, 100% juice and milk each day. Charlotte Public Schools aims to provide this service to its students because of several obstacles making it difficult for kids to eat breakfast each morning. Some of the common obstacles include, busy schedules, lack of time, poor appetites or inaccessibility to food. Regardless of the reason, no child should start his/her school day hungry. Studies show that kids who eat breakfast regularly are able to focus better, retain information better and develop healthy habits for life. Additionally, students benefit socially from having Breakfast in the Classroom. JB, a Washington second grader, says she enjoys having breakfast in her classroom with her teacher and classmates.

More teachers and students are becoming supporters of Breakfast in the Classroom as the program progresses. We talked to 2<sup>nd</sup>/3<sup>rd</sup> grade teacher, Mrs. Parker to hear her thoughts on the start of the program at Washington Elementary. She said that the change in the morning routine has been good for her students; she knows that it is good for the students to start each day with a good breakfast and she is a supporter of the new program. Breakfast in the Classroom does increase the teachers' workload because they have to serve and tally the meals, but the teachers and foodservice team have worked in collaboration with one another to make Breakfast in the Classroom an overall success.

Breakfast in the Classroom is also served at Charlotte Upper Elementary and Parkview Elementary. The hopeful next step is to gain support for a grab and go breakfast program for the

Middle School to provide more children in the district with accessibility to a nutritious breakfast each morning.