

Maryland Hunger Solutions

Policy Brief: School Breakfast in Maryland's Counties

February 2010

BREAKFAST IN MARYLAND'S COUNTIES: SUMMARY

- *Breakfast is the most important meal of the day for children, but for the 2008-2009 school year, only 45.7 eligible low-income Maryland children participated in the School Breakfast Program for every 100 who participated in the National School Lunch Program.*
- *Statewide, more low-income children participated in the School Breakfast Program for the 2008-2009 school year than compared to the 2007-2008 school year. However, participation varied widely from county to county, from a high of 75.1 percent in Somerset County to a low of 19.1 percent in Howard County.*
- *Counties with a greater percentage of schools participating in Maryland Meals for Achievement (MMFA), a successful state program that supports breakfast in the classroom initiatives, had higher participation rates in school breakfast. In fact, the top four counties for breakfast participation also had the greatest proportion of schools participating in MMFA. This program, however, has faced budget cuts. Maryland should restore funding to this vital program.*
- *Congress should strengthen the School Breakfast Program through the Child Nutrition and WIC Reauthorization Act. This federal legislation, which authorizes and funds the School Breakfast Program (and other child nutrition programs), provides a unique opportunity to increase access to and participation in school breakfast.*

INTRODUCTION

Breakfast is the most important meal of the day for children – educationally and nutritionally. Because so many families can't afford to provide a nourishing breakfast, or so many parents' and children's work and commuting schedules preclude a healthy breakfast close to school time, a key piece of boosting children's well-being and improving schools is to ensure that each child can start the day right with a healthy breakfast at school.

- **Breakfast helps children learn.** Numerous studies show that breakfast improves learning and attendance, and reduces behavior problems, absenteeism and tardiness. Children who eat breakfast at school – closer to test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast at home.
- **Breakfast promotes good health.** Research indicates that eating breakfast at school results in fewer visits to the school nurse, improves children's diets, and helps build healthy eating habits. Additionally, children who start the day with a good breakfast are less likely to be obese.

The benefits of breakfast are significant, and school breakfast is the lynchpin for that, but too many children in Maryland miss out on a healthy start to their day. During the 2008-2009 school year, only 45.7 eligible low-income children across the state participated in the School Breakfast Program (SBP) for every 100 who participated in the National School Lunch Program (NSLP). This was below the national average. By county, the results varied widely. Howard County had the worst performance with just 19.1 percent of eligible children participating, while Somerset County had the best with 75.1 percent participating. Some of the largest counties in the state (e.g., Baltimore, Montgomery and Prince George's counties) ranked below even the state average.

In Maryland, nearly one in ten households struggled with hunger during the 2006-2008 period, according to the U.S. Department of Agriculture (USDA). And new data from the Food Research and Action Center show that one in five Maryland households with children faced food hardship in 2009. Too many families are struggling to put a meal on the table, and for children living in these households, a filling, nutritious meal every morning often is beyond the means of what their parents can provide.

Additionally, as the demands on working parents have grown, and working and commuting hours have gotten longer and more complicated for both parents and children, sitting down to eat a family breakfast has become an increasingly infrequent event. In a time when families are struggling with rising food costs and a weakened economy, expanding the reach of the School Breakfast Program in Maryland not only reduces hunger and boosts learning among low-income children, it also can help struggling families and allow the state to access more federal dollars.

2008-2009 School Year Students Participating in the School Breakfast Program (SBP) per 100 in the National School Lunch Program (NSLP)	
County	Ratio
TOP FIVE	
Somerset	75.14
Dorchester	69.64
Washington	68.17
Kent	66.20
St. Mary's	59.25
BOTTOM FIVE	
Queen Anne's	41.49
Charles	35.66
Calvert	32.99
Carroll	29.12
Howard	19.06

KEY FINDINGS FOR THE 2008-2009 SCHOOL YEAR

- **Student participation in Maryland in the School Breakfast Program lags behind the national average.** While the state's breakfast participation rate has followed the national trend and has slowly risen over the last five years, Maryland continues to fall slightly below the national participation rate. According to the Food Research and Action Center's report, *School Breakfast Scorecard: School Year 2008-2009*, nationally, 46.7 low-income students received school breakfast for every 100 that received school lunch during the 2008-2009 school year. Maryland lagged slightly behind the national average, ranking 23rd in the nation.
- **Student participation in the School Breakfast Program varies widely by county.** Eleven Maryland counties reached at least 50 of their eligible low-income children with breakfast for every 100 eating lunch, with Somerset County reaching 75.1 children for every 100 eating lunch. Participation in many counties lagged badly, with the bottom four counties each serving fewer than 40 eligible low-income children for every 100 eating lunch. While these bottom four counties – Calvert, Charles, Carroll, and Howard – also have some of the highest median incomes in state and are among the wealthiest in the country, their affluence does not explain poor participation rates among low-income students. This report measures their ability to reach eligible students with free and reduced price breakfast and finds they are failing to do so. The larger counties such as Montgomery, Prince George's and Baltimore counties ranked 17th, 18th and 19th, respectively.

The Basics of School Breakfast

The School Breakfast Program is administered by the Food and Nutrition Service of the U.S. Department of Agriculture at the federal level, and by the Maryland State Department of Education at the state level.

Any public school, nonprofit private school or residential child care institution can participate. Any student attending a school that offers the program can eat breakfast. The amount the school is reimbursed by the federal government depends on the student's family income. Families must complete an application, or be cross-certified by their eligibility in another means-tested program (such as the Supplemental Nutrition Assistance Program – formerly food stamps – or Temporary Assistance for Needy Families), to determine eligibility for free or reduced-price meals. Based on their family income, children fall into one of three groups:

- **Free*:** Children from families with incomes at or below 130 percent of the federal poverty level eat at no cost to their families.
- **Reduced-Price*:** Children from families with incomes between 130 percent (currently \$23,803 for a family of three) and 185% (\$33,874 for a family of three) of poverty can be charged no more than \$.30 per breakfast.
- **Paid:** Children with family incomes above 185 percent of the federal poverty level pay for most of the cost of their meals at rates set by the schools.

**Students who are eligible for free or reduced-price meals are considered "low-income" in this report.*

The federal government provides reimbursements to local school food authorities for each breakfast served. During the 2008-2009 school year, schools were reimbursed \$1.40 for each free breakfast served; \$1.10 for each reduced-price breakfast served; and \$0.25 for each "paid" breakfast served. Schools that serve at least 40 percent free and reduced-price lunches are considered to be "severe need;" severe need schools are eligible for an additional \$0.28 in federal funding for each free or reduced-price breakfast served.

- **While most counties increased student participation in the School Breakfast Program from the prior school year, some counties made notable gains.** Baltimore City, Worcester, and Talbot substantially increased their ratio of students participating in the School Breakfast Program. While Baltimore City's ratio of students participating in Breakfast increased, there were still less than half the eligible students participating in the School Breakfast Program (47.81) for every 100 that participated in lunch – despite Baltimore City's ability to serve all students breakfast at no cost.
- **School districts with a higher proportion of school sites participating in Maryland Meals for Achievement have higher participation rates.** The benefits of Maryland Meals for Achievement (MMFA) are clear – higher breakfast participation and a positive impact on education. The Maryland Meals for Achievement (MMFA) program is an important state-funded breakfast program that provides breakfast free to all students in the classroom and reduces stigma and other barriers to participation. Counties with a higher percentage of MMFA schools also tend to have higher general breakfast participation. Somerset, Dorchester, Washington, and Kent counties had the highest breakfast participation rates and had the highest rates of schools participating in the MMFA program. Schools with more than 40 percent free and reduced-price meals are eligible for state funds that cover meal costs or proportion of meal costs that are not reimbursed by the federal government. In the 2008-2009 school year, more than 670 schools were in the state were theoretically eligible; however, because of state funding limitations only 199 public school

Change in Ratio of Children Eating Free and Reduced-Price Breakfast to Those Eating Free and Reduced-Price Lunch (NSLP) School Year 2007-2008 to School Year 2008-2009

County	Breakfast to NSLP Ratio (2007-2008)	Breakfast to NSLP Ratio (2008-2009)	Change in Ratio of SBP to NSLP Participation
TOP FIVE			
Baltimore City	37.73	47.81	10.08
Worcester	48.68	56.42	7.74
Talbot	50.83	56.23	5.40
St. Mary's	55.41	59.25	3.86
Somerset	70.88	75.14	4.26
BOTTOM FIVE			
Kent	67.89	66.20	-1.69
Garrett	54.40	52.94	-1.46
Baltimore	44.99	43.04	-1.95
Allegany	58.93	56.33	-2.60
Frederick	45.92	43.60	-2.32

School meals data for public schools by county was provided by the Maryland State Department of Education. Calculations by Maryland Hunger Solutions.

2008-2009 School Year Low-Income Student Participation in Free and Reduced-Price (F&RP) School Lunch (NSLP) and School Breakfast (SBP)

County	F&RP SBP Students	F&RP NSLP Students	F&RP Students in SBP per 100 in NSLP	Rank in State	Additional Low-Income Students in Breakfast if 70 per 100 in Lunch	Additional Federal Funding if 70 Low-Income Breakfast Students per 100 Receiving Lunch
Allegany	2,022	3,590	56.33	7	491	\$108,770
Anne Arundel	5,343	11,514	46.41	13	2,716	\$610,462
Baltimore	11,952	27,771	43.04	19	7,487	\$1,699,385
Calvert	594	1,801	32.99	22	666	\$145,568
Caroline	918	2,014	45.59	16	492	\$106,566
Carroll	758	2,604	29.12	23	1,064	\$237,561
Cecil	2,047	3,767	54.35	9	590	\$129,620
Charles	1,829	5,128	35.66	21	1,761	\$389,897
Dorchester	1,333	1,913	69.64	2	7	\$1,539
Frederick	2,403	5,511	43.60	16	1,455	\$316,850
Garrett	785	1,483	52.94	10	253	\$53,248
Harford	3,191	6,918	46.13	14	1,651	\$365,841
Howard	986	5,173	19.06	24	2,635	\$576,211
Kent	503	759	66.20	4	29	\$6,356
Montgomery	12,435	28,551	43.55	17	7,551	\$1,643,992
Prince George's	20,877	48,373	43.16	18	12,984	\$2,830,812
Queen Anne's	430	1,036	41.49	20	295	\$63,104
St. Mary's	1,791	3,023	59.25	5	325	\$70,929
Somerset	929	1,236	75.14	1	N/A	N/A
Talbot	596	1,060	56.23	8	146	\$31,936
Washington	4,404	6,460	68.17	3	118	\$26,461
Wicomico	2,949	5,583	52.82	11	959	\$218,738
Worcester	1,029	1,824	56.42	6	248	\$55,683
Baltimore City	19,982	41,792	47.81	12	9,272	\$2,054,196
STATE	100,086	218,882	45.70		53,148	\$11,743,724

School meals data for public schools by county was provided by the Maryland State Department of Education. Calculations by Maryland Hunger Solutions.

sites across Maryland were funded to participate in the MMFA program.

Like other states across the country, Maryland is facing fiscal problems during this recession. For the 2008-2009 year, the program was funded at \$3.1 million dollars – enough funding to cover just one-third of eligible schools. However, despite advocates’ requests not to cut the successful Maryland Meals for Achievement program, the Governor proposed 10 percent cuts to MMFA during the 2008-2009 school year. The Maryland Board of Public Works approved the governor’s proposed budget cuts in the fall of 2008. Schools managed to defer the cuts that were instituted during the school year by using a variety of creative devices to keep the program running. The 2009-2010 school year budget for MMFA, at \$2.8 million, reflected the cuts made during the previous school year. This resulted in a loss of schools participating in the program, however, the cuts were targeted to affect the least amount of schools possible. These budget cuts are alarming because of the harm to children but also because the funding for MMFA yields a significant return on investment to the state. According to an internal review done by the Maryland State Department of Education, every \$1 that the state invested in MMFA yielded more than \$3 in federal school breakfast reimbursements.

2008-2009 School Year Top Five Counties in Lost Federal Funds: Amounts Forgone Because Counties Fall Short of Reaching 70 Free and Reduced Price (F&RP) Students in the School Breakfast Program per 100 F&RP Students in National School Lunch Program (NSLP)

County	Additional Students Who Would be Served	Dollars Lost
Prince George’s	12,984	\$2,830,812
Baltimore City	9,272	\$2,054,196
Baltimore	7,487	\$1,699,385
Montgomery	7,551	\$1,643,992
Anne Arundel	2,716	\$610,462

School meals data for public schools by county provided by the Maryland State Department of Education. Calculations by Maryland Hunger Solutions.

- Maryland is missing out on millions of federal dollars.** Low participation in the School Breakfast Program has significant education consequences for the children who are not receiving a healthy meal, but it also has significant financial consequences. In 2008-2009, Maryland schools lost \$1.40 every day in federal funding for every child who would have received a free breakfast and \$1.10 for every child who would have received a reduced- price breakfast, but was not served. If those children attended a “severe” need school – one in which at least 40 percent of lunches served were free or reduced-price – an additional \$0.28 per child in breakfast funding was forfeited. Those meals add up to millions of dollars in federal child nutrition funding going unclaimed by Maryland every year. In the 2008-2009 school year, if Maryland reached a reasonable target of 70 children eating school breakfast for every 100 eating school lunch, more than 53,000 more children would have received a healthy school breakfast every day, and Maryland would have received an additional \$11.7 million in federal child nutrition funding (not counting additional “severe need” funds). Counties with larger populations and lower participation rates lost most of the federal money. Five counties around the state – Prince George’s, Baltimore City, Baltimore, Montgomery, and Anne Arundel – together lost \$8.8 million.

Political Commitments to End Child Hunger

President Barack Obama’s Commitment to End Child Hunger by 2015: During the 2008 presidential campaign, Barack Obama announced a goal of ending childhood hunger in United States by the year 2015. Since taking office, President Obama, his Domestic Policy Council head Melody Barnes, U.S. Department of Agriculture Secretary Tom Vilsack, and other members of the Administration have reiterated that commitment. In his paper, “Tackling Domestic Hunger,” the President acknowledged that the child nutrition programs (school breakfast and lunch, afterschool and summer food, WIC, and child care food) are essential tools for ending childhood hunger. They are among our nation’s most important and cost-effective public interventions, but they must be bolstered as part of a campaign to eliminate childhood hunger.

The Partnership To End Childhood Hunger in Maryland: In November 2008, Maryland Governor Martin O’Malley vowed to end childhood hunger in Maryland in five years and he has supported President Obama’s goal of ending childhood hunger by 2015. He charged the Governor’s Office for Children to be the lead state agency in the effort working with Share Our Strength to be the first state to end childhood hunger. Maryland Hunger Solutions joined a coalition of organizations and agencies at the national, state, and local levels to develop a plan to end childhood hunger in the state. Increasing participation in the School Breakfast Program is one of the goals aimed at eliminating childhood hunger in Maryland.

RECOMMENDATIONS

Schools, advocates, and policymakers should make increased availability and participation in school breakfast one of their highest priorities in order to reduce hunger, strengthen schools, and support the educational and health potential of students, particularly low-income students. Adequate nutrition and freedom from hunger are absolutely essential for good health and academic achievement, and yet these goals are not always achievable for families who are struggling to make ends meet. Because the School Breakfast Program makes critical contributions to children’s nutrition, education, and health, it is essential to improve access to the program at the local, state, and federal levels:

- Make breakfast more accessible to low-income children by integrating it into the school day.** In most schools throughout Maryland, the School Breakfast Program is offered to students before the school day begins. When the School Breakfast Program is only served in the cafeteria while students arrive at school, many students miss out due to conflicting bus schedules, late parent commutes, peer pressure to socialize with friends, lack of time, or stigma. As demonstrated by several schools in the state, when breakfast is incorporated into the scheduled school day, the School Breakfast Program becomes more accessible and convenient to all. Especially where there are large numbers of low-income students, schools should consider ways to incorporate breakfast into the school day by serving breakfast in the classroom, offering “grab and go” breakfast from carts in school entranceways or hallways, and extending school breakfast service times into first period.

Low-Income Student Participation in School Lunch (NSLP) and School Breakfast (SBP) School Years 2007-2008 and 2008-2009					
County	2008-2009		2007-2008		Change in Ratio of SBP to NSLP Participation
	F&RP Students in SBP per 100 in NSLP	Rank in State	F&RP Students in SBP per 100 in NSLP	Rank in State	
Allegany	56.33	7	58.93	5	-2.60
Anne Arundel	46.41	13	46.63	12	-0.22
Baltimore	43.04	19	44.99	14	-1.95
Calvert	32.99	22	32.82	21	0.17
Caroline	45.59	16	44	15	1.59
Carroll	29.12	23	27.13	23	1.99
Cecil	54.35	9	54.63	7	-0.28
Charles	35.66	21	32.05	22	3.61
Dorchester	69.64	2	70.87	2	-1.23
Frederick	43.60	16	45.92	13	-2.32
Garrett	52.94	10	54.4	8	-1.46
Harford	46.13	14	43.76	16	2.37
Howard	19.06	24	20.39	24	-1.33
Kent	66.20	4	67.89	3	-1.69
Montgomery	43.55	17	42.08	19	1.47
Prince George's	43.16	18	43.51	17	-0.35
Queen Anne's	41.49	20	42.47	18	-0.98
St. Mary's	59.25	5	55.41	6	3.84
Somerset	75.14	1	70.88	1	4.26
Talbot	56.23	8	50.83	10	5.40
Washington	68.17	3	66.93	4	1.24
Wicomico	52.82	11	51.8	9	1.02
Worcester	56.42	6	48.68	11	7.74
Baltimore City	47.81	12	37.73	20	10.08
STATE	45.70		43.70		2.00

School meals data for public schools by county was provided by the Maryland State Department of Education. Calculations by Maryland Hunger Solutions.

- **Promote and increase awareness of the School Breakfast Program.** Schools, state agencies, food service vendors, and advocates should conduct outreach and promotional activities to ensure students, families, and communities are aware of School Breakfast Program at their school and the benefits of participating in the meal program.
- **Reach out to families impacted by the recession.** Schools should ensure that the growing number of families being hurt by the recession and newly eligible for free and reduced price school meals get applications for benefits and are qualified quickly to receive them. In many schools there has not been an effort to reach out to children who may have become eligible for free or reduced-price school meals since the beginning of the school year. Schools should conduct outreach throughout the year to ensure they identify and qualify newly eligible students.
- **Eliminate the reduced-price category.** School districts should consider offering meals for free to all students whose family income falls above 130 percent and under 180 percent of the federal poverty level. Struggling parents who have recently lost their jobs or had their hours cut but have incomes that qualify them for reduced-price meals have a difficult time paying the school breakfast and lunch cost sharing fees. Since the 2002-2003 school year, Washington County has offered meals free to children in the reduced price meal category. According to Jeff Proulx, the Food and Nutrition Supervisor in Washington County, prior to eliminating this category during the 2002-2003 school year, approximately 12 percent of who qualified for reduced-price meals ate breakfast. He added that during the 2008-2009 school year 45.9 percent of these students ate breakfast. This change has made it easier for more students to eat breakfast in Washington County.
- **Restore funding for Maryland Meals for Achievement (MMFA).** At the very least, Maryland should restore funding for the MMFA in-classroom breakfast to the prior level of \$3.1 million. MMFA has demonstrated its success by increasing breakfast participation among all students, but most importantly those eligible for free and reduced-price meals.
- **Simplify methods for direct certification of free school meals.** Students living in households that receive food

2008-2009 Maryland Meals for Achievement Program					
District	Total Number of Sites in District	Number of Sites Eligible for MMFA	Number of Sites Participating in MMFA	Percent of Sites Eligible for MMFA	Percent of Eligible Sites Participating in MMFA
Allegany	24	17	8	70.83%	47.06%
Anne Arundel	118	26	18	22.03%	69.23%
Baltimore	165	76	24	46.06%	31.58%
Calvert	23	0	0	0.00%	N/A
Caroline	11	7	3	63.64%	42.86%
Carroll	41	1	1	2.44%	100.00%
Cecil	30	7	7	23.33%	100.00%
Charles	36	8	5	22.22%	62.50%
Dorchester	13	10	6	76.92%	60.00%
Frederick	65	8	6	12.31%	75.00%
Garrett	16	10	7	62.50%	70.00%
Harford	53	13	6	24.53%	46.15%
Howard	72	3	1	4.17%	33.33%
Kent	8	4	4	50.00%	100.00%
Montgomery	216	73	29	33.80%	39.73%
Prince George's	212	143	24	67.45%	16.78%
Queen Anne's	15	2	2	13.33%	100.00%
St. Mary's	25	6	6	24.00%	100.00%
Somerset	9	7	5	77.78%	71.43%
Talbot	11	4	2	36.36%	50.00%
Washington	43	18	17	41.86%	94.44%
Wicomico	26	19	5	73.08%	26.32%
Worcester	18	11	5	61.11%	45.45%
Baltimore City	200	193	8	96.50%	4.15%
State Total	1450	666	199*	45.93%	29.88%

*Does not include non-public schools. There are a total of 202 MMFA sites when non-public schools are included. Based on MSDE F&R enrollment data as of Oct 31, 2007 <http://www.marylandpublicschools.org/NR/rdonlyres/CA589350-E389-4E1E-AEA5-AC761A7F8264/15389/SY20072008Data131.xls>

stamp and/or TANF benefits are also eligible for free school meals. However, the process of identifying and certifying these students for school meals may only happen once or twice each school year. Schools, districts, and key state agencies should consider alternatives such as direct data matching at the state level or conducting electronic data matching more frequently at the local level to certify students. These methods should ensure the privacy of student information.

- **Strengthen the School Breakfast Program at the national level through the Child Nutrition and WIC Reauthorization Act.** The scheduled 2010 reauthorization of national legislation that authorizes and funds the School Breakfast Program (and other federal nutrition programs for children and mothers) provides a unique opportunity to strengthen the School Breakfast Program. Congress and the Administration should redesign the law in ways that help many more low-income children access the School Breakfast Program. Specifically in regard to the School Breakfast Program, child nutrition reauthorization should:
 - Create a grant program to support the start-up and expansion of universal and breakfast in the classroom programs;
 - Expand universal breakfast programs (free for all students) by eliminating paper applications, thereby reducing administrative costs for school districts that serve a high percentage of low-income children;
 - Raise the income eligibility cut-off for free meals to 185 percent of poverty and eliminate the reduced-price copayment; and
 - Provide USDA commodities to schools for breakfast meals.

Somerset County: Success Credited to Maryland Meals for Achievement

Among all counties in Maryland, Somerset County ranked first in low-income student participation in the School Breakfast Program. During the 2008-2009 school year, 75.1 students received free or reduced-price school breakfast for every 100 students receiving free or reduced-price school lunch. Helen Riggins, Somerset's Coordinator for Food and Nutrition Services, attributed this high participation rate to the state-funded breakfast program Maryland Meals for Achievement (MMFA). Of the seven schools that qualify for MMFA in Somerset County, five participated in the program. These schools were able to serve all students breakfast in the classroom and use state funds to cover meal costs or a portion of meal costs that were not reimbursed by the federal government.

Riggins also attributed high breakfast participation to strong teacher support. Teachers with breakfast in the classroom are also provided with breakfast and are encouraged to eat with their students. The Food and Nutrition Department also implemented cycle menus, where breakfast varieties are consistently offered based on the day of the week. Thanks to the calendar, students know which breakfast favorites are served each morning. Somerset's high participation rate demonstrates the importance of the Maryland Meals for Achievement program, teacher engagement, and meal consistency for students as means to increase access to the School Breakfast Program.

Baltimore City: District-Wide Efforts Pay Off With Increased Breakfast Participation

During the 2007-2008 school year, Baltimore City began offering universal breakfast (in which all children, regardless of income, can eat at no cost) to reach more children with a healthy morning meal. Participation remained lackluster; thus, for the 2008-2009 school year, Baltimore City school officials were eager to take additional steps to increase access and participation. The school system introduced new pre-packaged breakfast boxes, which included all of the components for a meal, and intense marketing to help turn the participation rate around. School officials also started the year with several media events that highlighted breakfast in the schools. Additionally, and probably most important, the district reached out to school principals and food service staff around the city to support them in changing their current cafeteria breakfast service to include "grab and go" breakfast and breakfast in the classroom. Due to these efforts, Baltimore City was able to increase its average daily participation in school breakfast by more than 4,000 students. In the 2007-2008 school year, only 37.7 students ate school breakfast for every 100 students who ate school lunch. This ratio increased during the 2008-2009 school year to 45.7 students who ate free or reduced-price breakfast for every 100 who ate free or reduced-price lunch – a remarkable leap of nearly one-third.

Baltimore City Public School's Food and Nutrition Director, Anthony Geraci, estimated that twenty schools are currently serving breakfast in the classroom and that more than one hundred schools are doing some form of "grab and go" breakfast. While the Food and Nutrition Department continues to reach out to schools, Geraci emphasized that principal-to-principal outreach is instrumental. Principals who have seen success with changing their breakfast delivery models are encouraged to call their colleagues and share the positive results from their new breakfast programs, including decreased tardiness and a calmer school campus. To get teachers on board with having breakfast in the classroom, Baltimore City Public Schools provides breakfasts to teachers and advocates that they eat with their students. Baltimore City hopes that its participation trends continue to improve and will be looking at new ways to market breakfast this school year.

RESOURCES

Maryland Hunger Solutions is dedicated to ending hunger in Maryland by raising awareness of the problem among the public, media, and policymakers, and changing policy and practice to connect struggling families to the School Breakfast Program and other federal nutrition programs, as well as to improve nutrition in those programs.

Maryland Hunger Solutions is an initiative of the Food Research and Action Center.

www.mdhungersolutions.org

The Food Research and Action Center, a national anti-hunger nonprofit organization, has information and resources on the School Breakfast Program and other federal nutrition programs, including state-by-state data and a toolkit on ways to expand breakfast participation.

www.frac.org/html/federal_food_programs/programs/sbp.html

The Maryland State Department of Education's Eat Smart Maryland Web site has an overview of the child nutrition programs available to state residents, including school breakfast.

www.eatsmartmaryland.org

The U.S. Department of Agriculture has a toolkit for schools and advocates to help start and maintain successful breakfast programs.

www.fns.usda.gov/cnd/Breakfast/toolkit

The National Dairy Council's Nutrition Explorations Web site has information on the School Breakfast program, including helpful suggestions on how to start up a program.

www.nutritionexplorations.org/sfs/programs_breakfast.asp

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