

CHOOSING A SUITABLE LOCATION AND DELIVERY MODEL

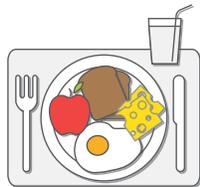


The committee, with the principal's guidance and approval, should choose a suitable location and delivery model to ensure that the greatest number of children have access to the breakfast club each morning. There are a number of factors to take into consideration when choosing the right location and delivery model including:

- Availability of space in the school;
- Access to proper equipment and facilities;
- Staff or volunteers available for supervision;
- Level of support from school staff and administration;
- Number of students expected to participate;
- Bus arrival times;
- Class start time.

An ideal location is an area of the school that is well lit, easily accessible and inviting. It should also meet all health and safety requirements as set by the school board and local health unit. The location of the program will also be greatly influenced by the type of delivery model that is utilized by the school.

THE THREE MOST COMMON DELIVERY MODELS FOR BREAKFAST CLUBS ARE:



SIT DOWN BREAKFAST



CLASSROOM BINS



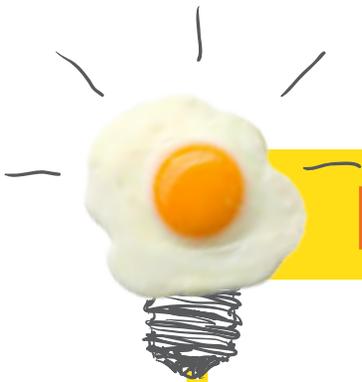
GRAB AND GO



DELIVERY MODEL COMPARISON

	SIT DOWN BREAKFAST	CLASSROOM BINS	GRAB AND GO BREAKFAST
HOW IT WORKS	Students sit down to eat together at tables in a central location before classes start. They line up to receive a plated breakfast or choose their own foods from a buffet style breakfast.	Breakfast foods are packed in bins, baskets, coolers, or on a cart and delivered to each classroom. Teachers supervise and monitor the distribution of food in their classroom.	Students pick up breakfast foods from a pre-determined central location and take it with them to eat in hallways, on benches, at tables, or in their classroom. It may be served out of bins, on a cart, or pre-assembled in bags.
POSSIBLE VENUES	<ul style="list-style-type: none"> • Cafeteria • Gym/ gym stage • Empty classroom • Foods room • Library 	<ul style="list-style-type: none"> • Classrooms • Homerooms 	<ul style="list-style-type: none"> • Canteen/ Tuck shop • Cafeteria • Hallway • Library • Office • Front entrance
TIMING	<ul style="list-style-type: none"> • Starts when the first students arrive in the morning and typically runs until classes begin 	<ul style="list-style-type: none"> • Flexible based on teacher's discretion • May be served during announcements and morning routine or as a mid-morning meal before/during recess 	<ul style="list-style-type: none"> • Flexible • May be served before classes start in the morning or as a mid-morning meal before/ during recess
ADVANTAGES	<ul style="list-style-type: none"> • Large variety of menu options • Greater opportunities for socialization and community building • Staff and other students can act as role models • Central location • Opportunities for educational food and nutrition activities and displays 	<ul style="list-style-type: none"> • Higher participation rates • Does not require designated space or supervision • Serving time is flexible if there is not enough time for students to eat before classes begin • Food and nutrition education can easily be incorporated into teaching and learning 	<ul style="list-style-type: none"> • Fast way to serve a large number of students • Works well in secondary schools • Minimal supervision needed • No large dedicated space is required • Students can eat whenever they choose • Can be done with minimal staff support
CHALLENGES	<ul style="list-style-type: none"> • Requires dedicated space • Tends to have lower participation rates • Requires supervision • May not be enough time for students to finish their meal before class starts • May not reach students if buses/students arrive late to school 	<ul style="list-style-type: none"> • Clean up not confined to one space • Requires all staff support • May be viewed by some as interfering with class time • Menu options are more limited • More expensive 	<ul style="list-style-type: none"> • Menu options are more limited • More packaged foods which means more waste and higher cost • Less opportunity for social interaction, and food and nutrition education

In order to suit the specific needs and available resources at the school, the breakfast club can also be a blended program; a combination of two or three of the above delivery models. For example, the breakfast club can offer a full sit down breakfast in a central location before school starts along with grab and go bins in the front entrance for students who arrive later to school. There is no right or wrong model; choose the delivery model that works best for the school.



BRIGHT IDEAS

It's a good idea to step back and re-evaluate the breakfast club's location and delivery model over time and make adjustments, as needed, in order to most effectively meet the club's goals. Consider the following:

- Is the breakfast club reaching all of the students who need the program?
- What barriers exist which may keep students from accessing the program each morning (e.g. their bus arrives late, the location is not easily accessible, the breakfast club is not well promoted, they feel stigmatized, a teacher does not allow enough time to eat, etc.)
- Could adapting the program delivery model or another aspect of the breakfast club reduce these barriers and allow for more students to participate?
- What changes need to be made and how can they be implemented?