



Let's Start at the beginning

JMG students researched food insecurity.

We learned about benefits like SNAP and WIC.

We learned about and practiced empathy.

Students toured the cafeteria and met the staff.

For one week, students tried school breakfast everyday, filled out a survey and/or voiced their opinions.

The next week, students ate school lunch, filled out a survey, and voiced their opinions.





Survey Says: Breakfast

Student surveys showed that students liked the yogurt parfaits, cinnamon buns, cereal and banana bread the best.

They are unclear about food rules such as why they have to take a fruit.

They wished they could eat in the classroom because most of them are not hungry for a few hours after they get up but they understand this is due to COVID safety protocols.

Mindset is all school food is not good.



Survey Says: Lunch

Survey says, students like pizza, mozzarella sticks, and cheesy bread the best.

They wished
there were more
salad options.

They wished they
had a quiet space
to eat.

There are rules
they don't
understand.

Next Steps

JMG students will use the grant funds, sponsored by JMG and Full Plates Full Potential, to purchase ingredients to make 1,000 yogurt parfaits. JMG students will offer each student a yogurt parfait during lunch in the hopes that they will then want to try food in the cafeteria.



Next Steps Continued..

Understanding the Rules:

Students will receive a handout to educate them about the rules set by the USDA such as having a fruit or vegetable with a meal.



Barriers and Overcoming Them

Barriers:

Some students may be lactose intolerant or have other dietary restrictions.

Overcoming Them:

Let students know, we got you. The school will make food for students with dietary needs with a doctors note.

Barriers and Overcoming Them

Barriers:

Some students will be absent the day free parfaits are handed out.

Overcoming Them:

We will offer these students another opportunity to get one.

This day will be promoted on the TV screens around the school as well as on school daily announcements that are emailed



Barriers and Overcoming Them

Barriers:

Mindset about school meals. Some students won't want to try it.

Overcoming Them:

Tell them we didn't want to try it either, now we go everyday.

Have students educate students through conversation and a handout.



Barriers and Overcoming Them

Barriers:

The lunch room can seem overwhelming with all the students and can be loud

Overcoming Them:

Educate students - show them this PSA about a more quiet room to eat breakfast or lunch.

PSA

Tik Tok
for the students,
from the
students.



The Goal for Breakfast

Increase Breakfast Numbers:

Currently 100-200 students eat breakfast each day (out of 1,100 enrolled students).



The Goal for Lunch



Increase Lunch Numbers:

Currently 500-600 students eat school lunch each day, out of 1,100 enrolled students.

The Plan

SHS students decided to hand out free yogurt parfaits during lunch to promote free breakfast.

FPFT provided us with a grant to purchase the same ingredients that the school uses to make the yogurt parfaits.

Head of School Nutrition, Holly Hartley, purchased these ingredients and Linda Stone, Head of Sanford High School cafeteria helped us set up and provided us with everything we needed (including a lot of support)!

Making Yogurt Parfaits



Results

To educate the students, we printed labels and placed them on the cups



Free Yogurt Parfaits!

We handed out 600 free 5oz parfaits to every student who wanted one.

At the end of the school day, we made an announcement to thank students for trying the parfaits and remind them that they are free for breakfast everyday.



The Results

Breakfast numbers range from 100-200 a day.

**The next day breakfast numbers were a record
high of 337!**

Remaining ingredients were donated to the school and the kitchen staff used it to make extra parfaits the next week due to the high demand.

And Numbers Continue to Rise

“We feel that what you have done has increased our breakfast participation. We have been consistently well over 300 every day except for two days, with our highest record now being 360! We also have incorporated our parfaits and smoothies into our Super Snack program which has increased those numbers as well.

Thank you so much for all your hard work. Linda Stone”

Suggestions Going Forward

To continue to increase school breakfast and lunch numbers, JMG students recommend more free samples throughout the year. This was a success, with the numbers still going up, and a great way to highlight all that the cafeteria has to offer!



Thank You

Full Plates Full Potential - for this opportunity and grant to help promote school meals and for your support.

Sanford School Administration - for letting us participate in this pilot program and for your support.

JMG - for choosing SHS and SMS in the pilot program and for your support.

Holly Hartley, Linda Stone, & SHS Cafeteria Staff - for helping us throughout this project and your support.

Students - for participating in our study and using your voice to help us with our study.



Next Up

And now I would like to
turn things over to
Sanford Middle School.

What has SMS
been up to?



What has SMS been up to?!

We began our FFP project by....

- By researching what is Food Insecurity?
- Having identified barriers to accessing food for families in Sanford.
- Having researched how eating unhealthy foods affects student health and behavior.
- Having learned about cultural and religious differences and how they affect access to food.
- And having learned about what “equitable” means.

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We had the opportunity to talk with Angie, our cafeteria manager, and we learned that...

- The “behind the scenes” of lunch and breakfast are more complicated than we thought!
- 75% of students currently get hot lunch and that number is the highest in the district.
- Only 15% of students were getting breakfast at the time of our meeting with Angie. This number was VERY low compared to past years and other schools.
- Breakfast is actually served until 10am - we didn't know this! We thought it ended at 7:40am.
- You can purchase an extra lunch or breakfast if you're still hungry and want seconds.
- If there is a lunch option you don't see on the buffet, you can ask the staff for it! (We didn't know this!)



Identifying Barriers

We then looked among ourselves to identify the barriers within our specific school that were keeping students from eating breakfast or lunch.

Through an activity in class and talking to our friends we started to find out that...

For Breakfast:

- There isn't enough space for all students to fit in the cafe, so they choose not to eat instead.
- There isn't enough time to eat breakfast before homeroom for students who arrive at school at 7:30am or later.
- Students feel rushed to eat in the morning.
- Students are not always able to eat in homeroom because of Covid protocols (it depends on the teacher - so that means students don't have equitable access to eating breakfast during homeroom).
- Students and staff didn't know that breakfast was served until 10am. They thought it ended at 7:40am.
- There are students with dietary restrictions that haven't notified the nurse so they weren't being offered the alternative meal options.

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Identifying Barriers

Continued...

For Lunch:

- Students who aren't comfortable eating lunch in front of others often choose not to eat lunch even if they're hungry.
- Students sometimes don't see what they wanted to eat for lunch on the buffet so they decide not to eat instead of asking the staff if they have more.
- Students miss the snack shack, that offered more options. But - we realize it isn't equitable because the snack shack wouldn't be free to everyone.

School Survey

We put together a school survey to see if the barriers we identified in class were correct and if there were any barriers to getting breakfast or lunch that we were missing.

- Over 60% of the school filled out our survey.
- We also used the survey as an educational tool; within the questions we let students know that breakfast is open until 10am, that they can purchase additional breakfasts and lunches if they want to and so on. Teachers gave us positive feedback saying it really helped and these were things both students and teachers didn't know!
- Within days after the survey went out, there was an increase of almost 100 students every day getting breakfast - just because teachers now knew they could bring their classes or let students go if they were hungry and didn't have a chance to get breakfast before homeroom!!

From the survey we learned...

- 8% of students don't eat lunch most days. The main reasons were: they don't like to eat in front of others, they wish there was a snack shack with more options to eat.
- Many students (over 400) arrive here at school too late to eat breakfast before homeroom and do not have enough time to go into the cafe to get a breakfast.
- We were correct that students and staff didn't know that they can pay for seconds, breakfast is served until 10am, and if they don't see the meal option they wanted, they can ask!

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To address these issues, we thought of the following ideas and presented them to our principal, Mrs. Lydon:

- Having two “Grab and Go” breakfast carts in the morning to allow students who arrive after 7:30am to be able to grab a breakfast and bring it with them to eat.
- Bringing the lunch snack shack back to offer more options during lunch.
- Working with guidance to offer alternative places to eat for those who have identified this as a reason they don’t eat lunch.
- Using posters and school announcements to let students and staff know about breakfast being open later, the option to purchase seconds, about the food closet JMG created and the bags of food students can take home on Fridays for the weekend, and the importance of healthy eating at a young age.



We're already seeing positive results with more to come!

- E • Breakfast numbers have already increased since staff and students found out they have longer to get breakfast than they thought!
- More students are eating breakfast before homeroom because they had the opportunity to try breakfast with classmates when teachers brought them to get breakfast and they realized the food is good!
- Mrs. Lydon said that JMG could run a snack shack ourselves!! (We are working on getting this going!)
- Mrs. Lydon and Angie OK'd us to use the FFPF funds on two grab and go breakfast carts, which will allow many more students to access breakfast in the morning!
- The survey allowed us to collect the names of students that have not been eating lunch most days. We were able to provide this list to guidance and they've been able to check in and offer support to these students - like alternative menu options or quieter places to eat lunch!

Some of our posters!

*They are nice and excited
to help!*



Don't Like Eating
Around Others?

Let Your Guidance
Counselor Know!



*They wanna help
you!*

Did you know?

*Breakfast is
served until
10:00 am.
Simply ask
your teacher to
get breakfast
as long as its
before 10:00.*



**Do you need help
getting a meal for
the weekend?**

Ask guidance staff
for help, we have
a meal closet for
that reason!



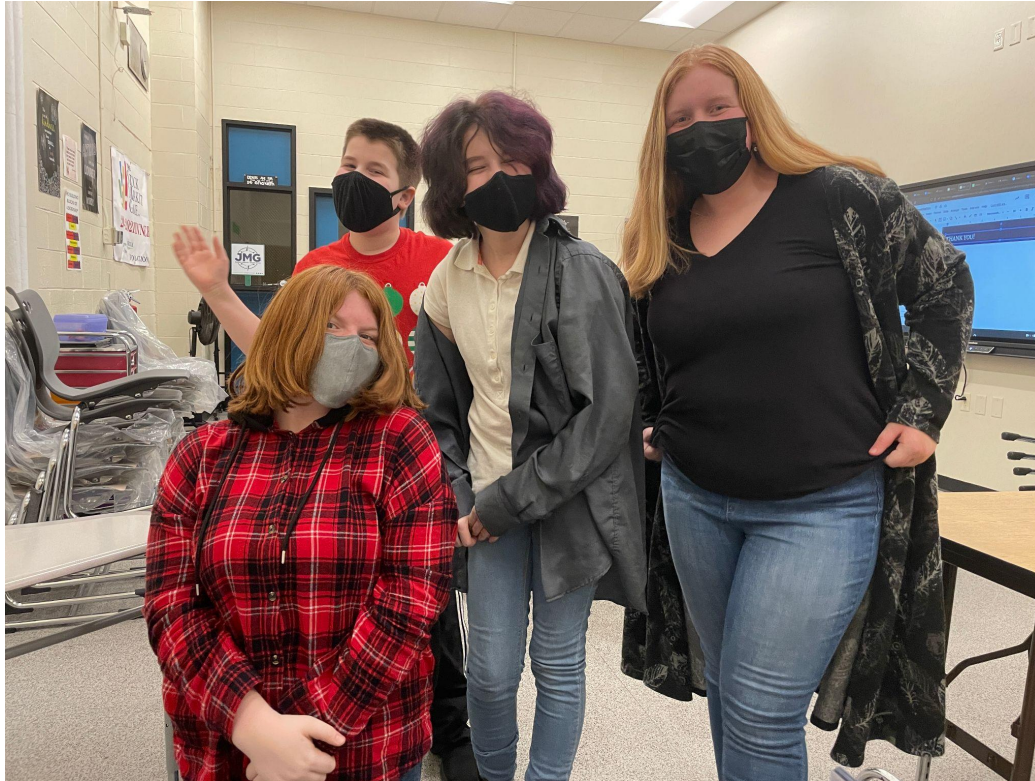
The Breakfast Carts Have Arrived!

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- We received \$4,600 to purchase two amazing breakfast carts for Sanford Middle School!!
- These breakfast carts will make it much easier for students who arrive after 7:30am to access breakfast.
- A group of students will be working with our kitchen manager on using the remaining funds to purchase bins, signs or anything else needed for the carts!



THANK YOU!



TOGETHER FIGHTING TO



END HUNGER IN MAINE