

# Virginia School Breakfast Program

## FACT SHEET

The School Breakfast Program (SBP) is a federally supported meal program that helps schools provide nutritious breakfasts to students and create a healthy learning environment. Research shows that school breakfast increases student engagement and attendance, academic achievement, and overall health outcomes. In Virginia, every public school is required to offer the SBP and is encouraged to provide **Breakfast after the Bell (BaB)** to ensure students have the opportunity to participate.



"...it's extremely important that we support our students in every way that we can, and our School Breakfast Program is a huge part of that."

- Doug Straley, Superintendent of Louisa County Public Schools

## Benefits of Breakfast

Students who eat school breakfast...



demonstrate **better attendance, test scores, and classroom behavior,**



experience **improved focus, comprehension, and retention,** and



are more likely to **consume health-promoting diets.**

## Breakfast after the Bell

Many barriers, such as late transportation, inconvenient meal service locations, and social stigma, prevent students from participating in school breakfast. **Breakfast after the Bell (BaB)** programs overcome these barriers by providing breakfast after the school day begins. BaB service models include Breakfast in the Classroom, Grab and Go, and Second Chance Breakfast.

### Breakfast in the Classroom

Students eat breakfast in the classroom with their classmates and teacher. Breakfast can be served after the first bell or when students first arrive.

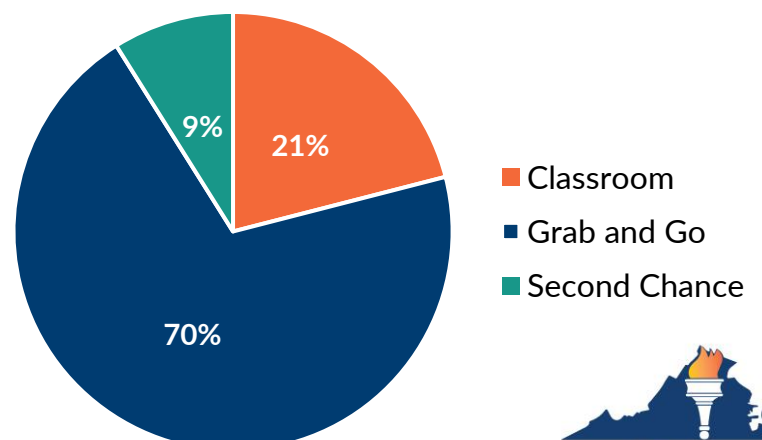
### Grab and Go

Students pick up breakfast meals from a central location as they arrive at school and eat in their classroom.

### Second Chance Breakfast

Students receive breakfast during a break in the morning, typically after first period.

Figure 1. BaB Service Models in Virginia in School Year 2022-2023



For more information and breakfast resources, visit [www.doe.virginia.gov/school-breakfast](http://www.doe.virginia.gov/school-breakfast).