

BREAKFAST AFTER THE BELL EXPANSION FOR MIDDLE AND HIGH SCHOOL

Cost: \$680,000 (\$30 per child per year)

Number of Children: 23,000 additional children per day

Number of schools: 70 high poverty middle and high schools.

Hunger in Adolescents: Over 30% of New Mexico's children do not have reliable access to adequate, nutritious food. In New Mexico, food insecurity increases as children get older. Many middle and high-school students have empty cupboards at home, chaotic lives that make getting to school early impossible, and the added stigma of seeking out breakfast before the bell in the cafeteria. This means that large numbers of children and teens do not eat a nutritious breakfast at home.

When our students do not eat breakfast, they cannot learn, and we waste the time, energy, and money that we invest in education. But, there is a solution. Breakfast After the Bell.

Breakfast After the Bell: This expansion is highly targeted, affecting only the schools where the need is greatest, feeding tens of thousands of low-income students and bringing millions of dollars in federal funding to our state.

Proposed statutory change: (1) Require any school in which 85% or more of students are eligible for free or reduced-price meals to provide a free breakfast to all students after the start of the instructional day, and (2) clarify the funding procedure to ensure that schools receive timely, adequate funds to support the breakfast program.

Cost: \$680,000 (\$30 per child per year)

Number impacted: This new policy and attached funding will reach an additional 23,000 students in 70 middle and high schools statewide. This will bring the total number of children impacted by breakfast dollars to approximately 85,000 per school day.

Additional Federal Dollars: This new policy and associated funding will leverage an additional \$6.5 million of federal USDA reimbursement dollars to middle and high schools, for a total of approximately \$21.8 million in federal breakfast funding at Breakfast After the Bell schools.

Building on Success: The Breakfast After the Bell law, enacted in 2011, has been highly successful in elementary schools, feeding over 62,000 low-income children every morning throughout the state. Schools report:

- | improved student focus
- | more students were coming to school on time
- | fewer students were going to the nurse's office.
- | 83% of surveyed schools stated that the program was going well, and
- | 76% of surveyed elementary schools would continue to offer Breakfast After the Bell even if not required.

"Kids were starving and [Breakfast After the Bell] lets them **focus**. Hunger pains aren't dominating their education[al] experience."
— Wade Bell, Thoreau Elementary (Thoreau, NM)

"Students have been better focused, bad behavior [has] decreased, [and] kids are more **attentive** to studies in the morning and overall doing much better."
— Analee Maestas, La Promesa Early Learning Center (Albuquerque, NM)

"Discipline issues have gone down. Kids are more **alert and ready** to learn."
— Dr. Catherine Collins, Alta Vista Elementary (Questa, NM)

In Otero County, **16%** of high school students do not always have enough food to eat.

In McKinley County, 15% of middle school students and **19%** of high school students do not always have enough food to eat.

"It has been an **eye-opener** for teachers because [children] are like, 'When are we going to eat?' . . . because they didn't have anything before, and teachers didn't realize kids go hungry in the evenings like that. . . . Kids [used to] complain of stomach[aches] and headaches because they chose not to eat. That is less of a problem now."
— Valerie Webb Jaramillo, Tomasita Elementary (Albuquerque)

After Los Lunas schools started serving **Breakfast After the Bell**, students made 917 fewer trips to the nurse's office over a three-month period.
(Los Lunas, NM)

"[Breakfast After the Bell] **cuts down** on visits to the nurse. [Students used to have] upset stomachs from not eating."
— Lillian Duran, Mesilla Park Elementary (Las Cruces)

"[There are] less tardies because kids want the **breakfast**."
— Julie Marta, Booker T. Washington Elementary (Las Cruces)