

Breakfast for Wellness! Easy Steps to Measure Success...

One key requirement for the local wellness policy is to set goals that can be measured! Increasing the number of students who eat a healthy breakfast is a **measurable goal**. Here are simple ways to measure your students' current breakfast habits so that you can measure your progress in future years.

2005-2006 School Year:

School Breakfast Counts: Record your breakfast counts to find out the number of students participating in school breakfast on a daily basis.

Survey Students: Use **Elementary Student Breakfast Survey** and/or **Secondary Student Breakfast Survey** to find out if students are eating breakfast, and what they are eating. Tabulate results.

Wellness Policy Development and Implementation: Use the Wellness Committee to educate your school community about the importance of eating a healthy breakfast. Promote your breakfast program by explaining the nutritional requirements for school breakfast and emphasizing that school breakfast is a great way to make sure students are starting the day with good nutrition. Work with your school to increase access to school breakfast, promote school breakfast eating and the consumption of healthy foods for breakfast.

2006-2007 School Year:

School Breakfast Counts: Compare school breakfast counts from 2005-2006 and 2006-2007 to see how many more students are eating a healthy breakfast at school!

Survey Students: Do a follow-up survey (use the same survey!) at the end of the 2006-2007 school year to measure progress toward the goal of students eating a healthy breakfast. Tabulate results and compare to the previous year.

Wellness Policy Revisions: Work with the Wellness Committee to analyze your progress and assess the need for adjustments to your policy and breakfast promotion strategies. Look at what worked and what didn't work, and revise your policy as needed.