



Grab N Go Breakfast

Providing opportunities for better health among teens

"We appreciate the guidance that PartnerSHIP 4 Health (PS4H) has provided our school in getting the Grab-N-Go Breakfast off to a great start".

Linda Bowhall,
FACS Teacher
Fuel Up to Play 60 Program Advisor



Signage created by art students Cameron Haas and Aaron Berge



Taste-testing Crew:
Fuel Up to Play 60
Program Advisors and
Student Ambassadors

Grab-N-Go Breakfast creatively meeting the needs of busy teens

Running late and skipping breakfast is a common reality among teenagers but Fergus Falls Schools is working creatively to insure that students have an opportunity to integrate a healthy breakfast into every school day.

After hearing about a breakfast option called Grab-N-Go breakfast through their work with PartnerSHIP 4 Health, food service director Becky Shearer and food service staff Christi Biederman, with the support of administration and the school wellness committee, implemented the option in the fall of 2012.

The program started out slowly serving about 15 students per day for several weeks, so students were called upon to develop a marketing plan to reach their peers. Business and art class students provided some creative promotion by making public service announcements and signage. Their efforts have extremely effective creating a positive buzz about the program and the numbers show it. The program is steadily gaining popularity and now serves nearly 80 students a day.

This breakfast program intentionally meets the needs of students related to convenience as well as offering appealing and healthy food options. Student Derek Rotering states, "If I don't eat breakfast at home I eat at Grab-N-Go." His attitude is a common one as many students who use the Grab-N-Go option state that they were not eating breakfast regularly in the past.

The school is using their concessions as the staging area for Grab N Go. It is conveniently located right between the main student entrance and student classrooms.

"Creating a location that was easy to access and on their way to class is better meeting the needs of our High School students," says Superintendent Jerry Ness.

The Grab-N-Go Breakfast was developed with funding support and technical assistance from the *Fuel Up to Play 60* Program and the Midwest Dairy Council. Equipment such as carts to transport food, warmers and coolers were purchased with grant dollars. A recent taste-testing event as well as permanent signage was also funded through *Fuel Up to Play 60*.

Linda Bowhall, FACS teacher and *Fuel Up to Play 60* Program Advisor states that Kristin Erickson of PartnerSHIP 4 Health served an important role in implementing the *Fuel Up to Play 60* Program and the Grab-N-Go Breakfast.

"The partnership between our school, PartnerSHIP 4 Health, and *Fuel Up to Play 60* was critical to the success of this program. Starting each morning with a healthy breakfast is an important way for students to get a good start to their day — eating a healthy breakfast helps students achieve more academically as well as learn lifelong healthy behaviors," says Bowhall.

The Grab-N-Go breakfast concept also serves to address the schools recent commitment to improve a culture of school wellness as demonstrated by a comprehensive wellness policy adopted in the spring of 2012.

