

HUNGER IN OUR SCHOOLS



SHARE OUR STRENGTH'S
TEACHERS REPORT 2013

TEACHERS AND PRINCIPALS IN AMERICA'S SCHOOLS SEE TOO MANY STUDENTS WHO ARE

TOO HUNGRY TO LEARN

Hunger in Our Schools: Share Our Strength's Teachers Report 2013, is a national survey of more than 1,000 K-8 public school teachers and principals, commissioned by the No Kid Hungry campaign. In this year's survey, teachers and principals express an increased concern about hunger in their schools.

73%

OF TEACHERS SAY
THEY TEACH STUDENTS WHO **REGULARLY**
COME TO SCHOOL HUNGRY BECAUSE THERE
ISN'T ENOUGH FOOD AT HOME.

87%

OF PRINCIPALS SAY
THEY SEE HUNGRY KIDS IN THEIR SCHOOLS
AT LEAST ONCE A WEEK.

90%

OF EDUCATORS SAY
BREAKFAST IS CRITICAL TO
ACADEMIC ACHIEVEMENT.



HALF

OF TEACHERS SURVEYED SAY
HUNGRY CHILDREN IN THEIR CLASSROOM
IS A SERIOUS ISSUE—THE HIGHEST LEVEL
MEASURED IN THE FOUR YEARS OF
CONDUCTING THIS RESEARCH.

SURVEYED TEACHERS SAY: HUNGRY KIDS

CAN'T CONCENTRATE **88% AGREE**

LACK ENERGY **82% AGREE**

SHOW POOR ACADEMIC PERFORMANCE **82% AGREE**

CAUSE DISCIPLINE PROBLEMS **67% AGREE**



One of my students had a horrible time focusing in class. I began to think that he just didn't care, so I pulled him aside and asked what was going on. He began to cry and told me that he couldn't help it, he was just so hungry. It turns out the only meal he ate every day was his free lunch at school. His family couldn't afford breakfast or dinner.

TEACHER IN FLORIDA

Faced with hunger and its effect on the classroom, educators take personal actions using their knowledge and wallets.

\$37 per month

THE AVERAGE AMOUNT TEACHERS WHO SEE HUNGER IN THEIR CLASSROOMS SPEND ON FOOD FOR THEIR STUDENTS. OVER A SCHOOL YEAR, THAT COULD BE AS MUCH AS \$300, OR MORE THAN 5 TANKS OF GAS.



\$59 per month

THE AVERAGE AMOUNT PRINCIPALS ARE SPENDING ON FOOD FOR STUDENTS IN THEIR SCHOOLS. OVER A SCHOOL YEAR, THAT COULD BE AS MUCH AS \$500—THAT'S ABOUT THE COST OF A CAR PAYMENT.



REWRITING SCHOOL SUCCESS: BREAKFAST AFTER THE BELL

Research shows school breakfast has a dramatic effect on student achievement.

Unfortunately, many kids have a difficult time getting a free or reduced-price breakfast in the morning, even though they qualify for the meal. Of the number of low-income students who eat school lunch (21 million), only half currently eat a school breakfast (about 11 million.) Barriers such as late bus schedules, conflicting priorities, and stigma associated with eating in the cafeteria while other kids socialize, stop many students from getting this meal.

There is a solution. Pioneering schools have found that moving breakfast out of the cafeteria and making it a part of the school day (breakfast after the bell) ensures more kids can start their day with a healthy meal.

EDUCATORS SEE POSITIVE RESULTS

Two out of three educators whose students eat breakfast after the bell are fans of the program.



77%

LIKE KNOWING
THEIR STUDENTS
HAVE EATEN

75%

LIKE KNOWING THAT THEIR
STUDENTS ARE ENERGIZED
AND READY TO LEARN

56%

LIKE KNOWING THAT
NO ONE IS SINGLED
OUT OR STIGMATIZED

QUICK AND CONSTRUCTIVE

On average, teachers say **eating breakfast in the classroom takes about 15 minutes**. Teachers spend that time constructively on classroom activities.



76%

SAY THEY
TAKE ATTENDANCE

65%

SAY THEY READ
CLASSROOM
ANNOUNCEMENTS

42%

COLLECT
HOMEWORK
ASSIGNMENTS

”

Since we started our breakfast in the classroom program, being hungry at school has not been an issue for our students. Before the program, I had students who would come in hungry and not be able to concentrate on classwork. Students would fall asleep in class or be very irritable. After the program started, we saw improvements in attitude and classroom performance.

TEACHER IN MARYLAND

ONE CHANGE,
MANY BENEFITS

EDUCATORS SAY
SERVING
BREAKFAST
AFTER THE BELL
WORKS.

SINCE IMPLEMENTING A BREAKFAST
AFTER THE BELL PROGRAM:

76%
have seen an
improvement
in student
alertness during
morning lessons

57%
have seen an
uptick in
attendance

55%
have seen a
decrease in visits
to the school nurse

54%
say discipline
problems
have fallen



NO KID HUNGRY STARTS WITH BREAKFAST

By connecting kids in need with nutritious food and teaching their families how to cook healthy, affordable meals, Share Our Strength's No Kid Hungry campaign surrounds children with healthy food where they live, learn and play. School breakfast programs are critical in ensuring kids are able to get the healthy food they need, every day.

The No Kid Hungry campaign promotes innovative school breakfast models which break down barriers and help more kids eat school breakfast. Programs like Breakfast in the Classroom, which makes healthy breakfast items available to students at their desks, and Grab N' Go breakfasts, which provides portable, easy-to-eat items for students to take on their way into class, make breakfast the smart and easy choice for kids who need it.

"Breakfast challenges" provide rewards to schools that increase breakfast participation, and grants help schools implement new serving models. Both are proven, effective ways to increase participation.

The No Kid Hungry strategy is working. Since the start of the 2011 school year, the No Kid Hungry campaign has helped connect kids to more than 28 million additional school breakfasts.

Find out more about the power of school breakfast at NoKidHungry.org/BackToSchool



I recently had a student coming to school hungry. I connected him with our free school breakfast program. Within a couple of weeks, I saw a disinterested, unmotivated, uninvolved student become a talkative, humorous, optimistic scholar. His grades, class participation and even extracurricular activities all improved markedly.

TEACHER IN ILLINOIS



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