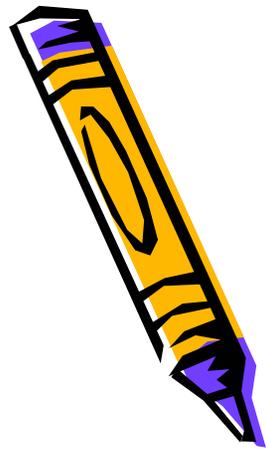


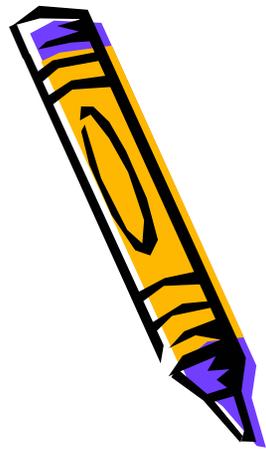
RECESS BEFORE LUNCH



7/7/2005

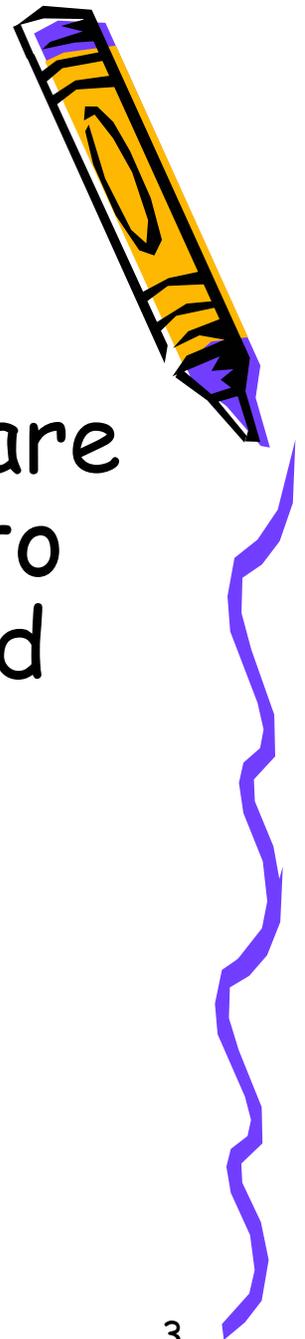
What is Recess Before Lunch?

Kids Play,
And Then
Eat!



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Why do it?

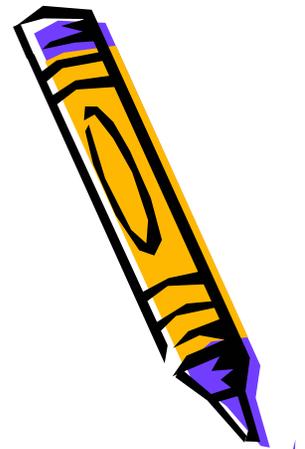


- Teachers note that the kids are more settled upon returning to the classroom after lunch, and ready to start afternoon classes.



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Why do it?



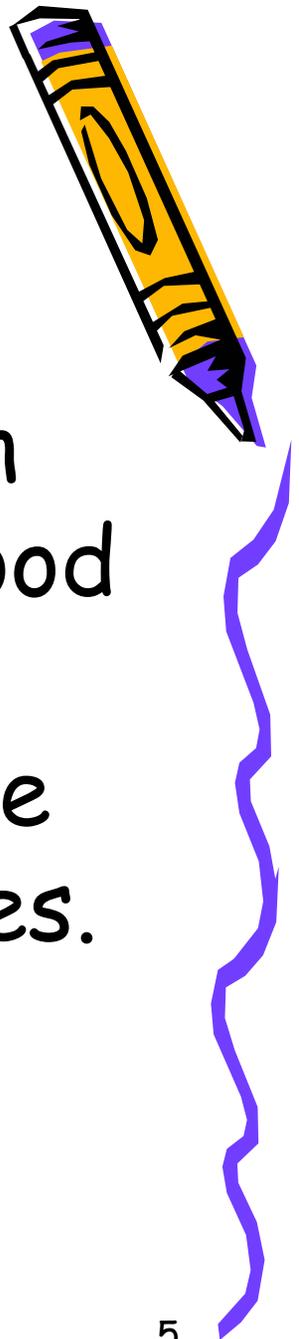
- Principals and teachers also note decreased behavioral problems on the playground, in the lunchroom and in the halls.



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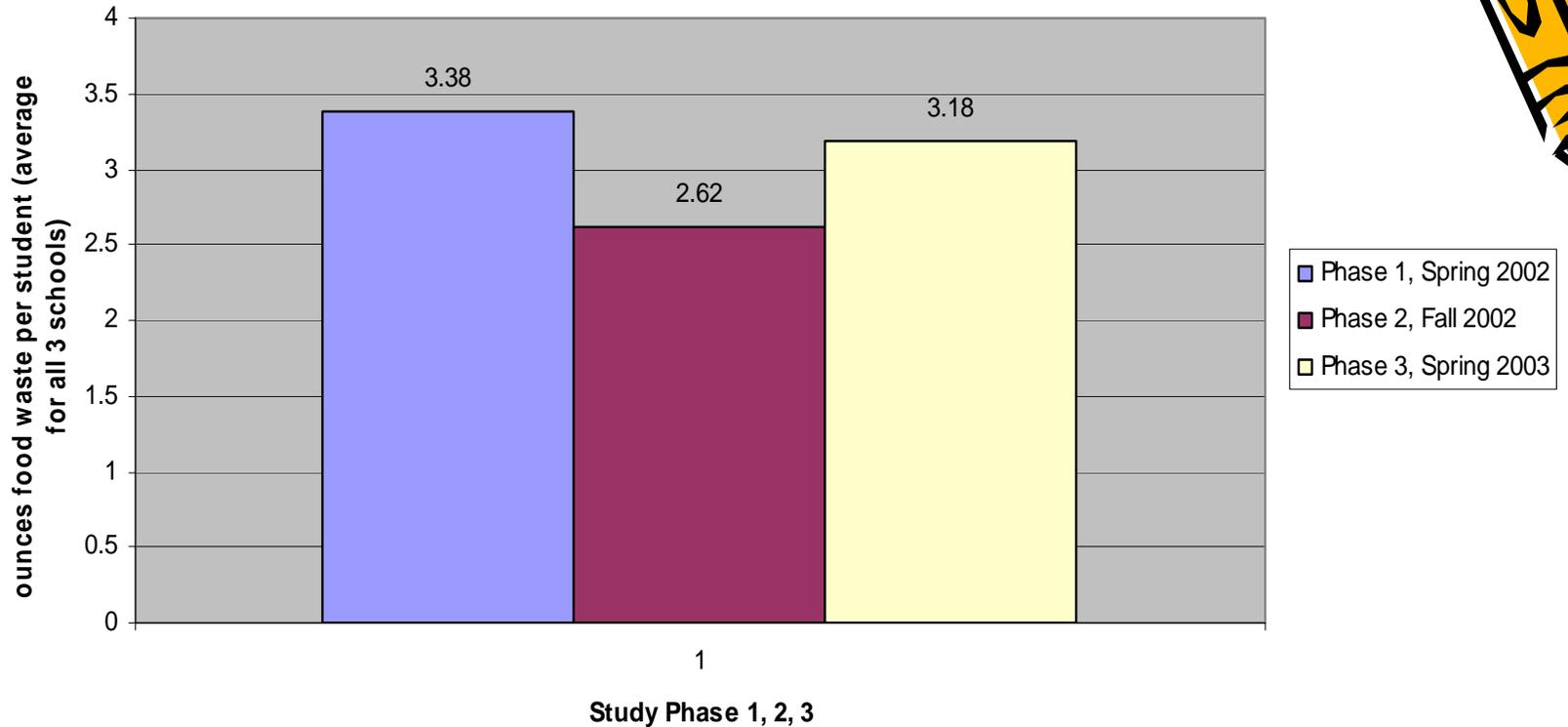
Why do it?

- Plate waste studies have shown that the children waste less food and drink more milk. The decrease in food and milk waste has been dramatic in some cases.



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Figure 1: Average Food Waste per Student Decreases

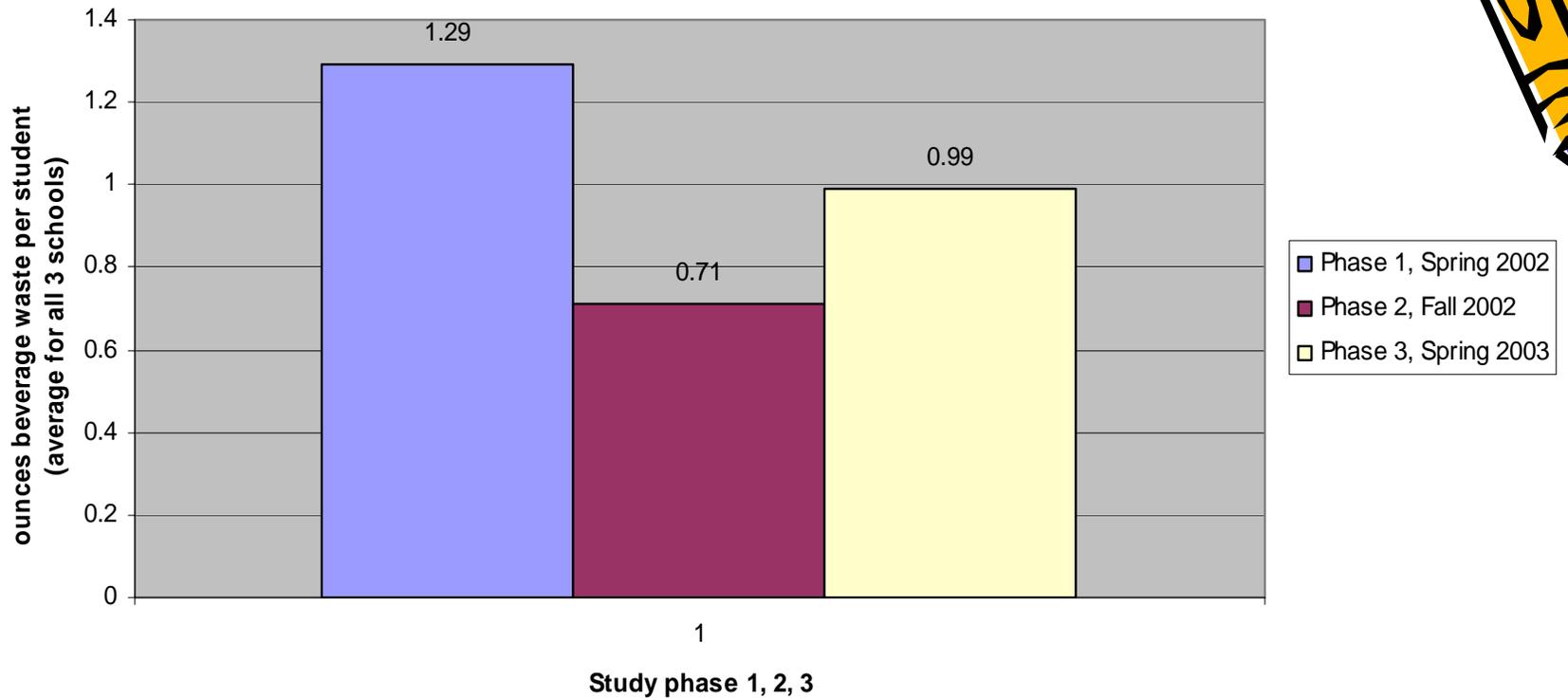


Implications: This study demonstrates the decrease in food waste per student as a result of implementing a Recess Before Lunch policy.

Source: Montana Office of Public Instruction School Nutrition Programs Recess Before Lunch Pilot Study, data from 3 Montana schools, April 2002-May 2003.

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Figure 2: Average Beverage Waste per Student Decreases

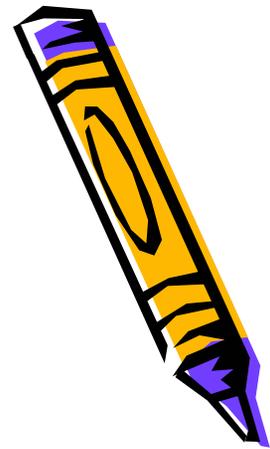


Implications: This study demonstrates the decrease in beverage waste per student as a result of implementing a Recess Before Lunch policy.

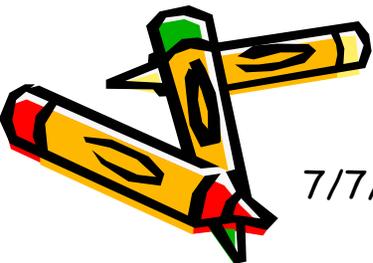
Source: Montana Office of Public Instruction School Nutrition Programs Recess Before Lunch Pilot Study, data from 3 Montana schools, April 2002-May 2003.

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Why do it?

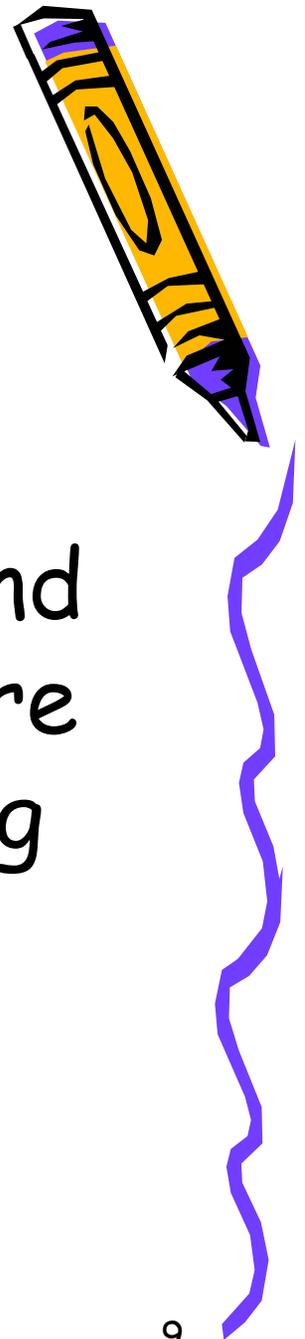


- The atmosphere in the lunchroom is more conducive to eating and is much more relaxed, as the kids are not rushing through lunch to get outside.

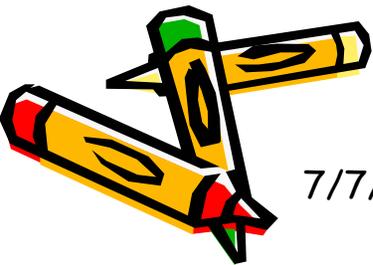


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Why do it?



- The kids are amazingly quiet and calm in the lunchroom. They are actually eating, while socializing amongst themselves.



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Quotes from MT Schools

Whitefish Central School, Whitefish, Montana-
Mr. Kim Anderson, Principal

"Benefits that we have seen at Whitefish Central are:

- Less conflict on the playground and in the lunchroom
- Improved behavior in afternoon classes
- Students are eating better and wasting less food"
- "My 5th period teachers love it!"



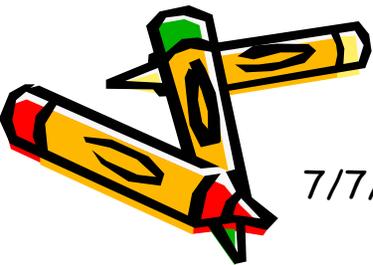
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Quotes from MT Schools

Teachers support the change to RBL for the following reasons:

- "Children are settled down and ready to learn when they return to the classroom."
- "Less fights on the playground and better classroom behavior."



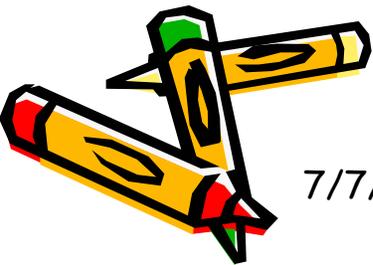
7/7/2005

Quotes from MT schools

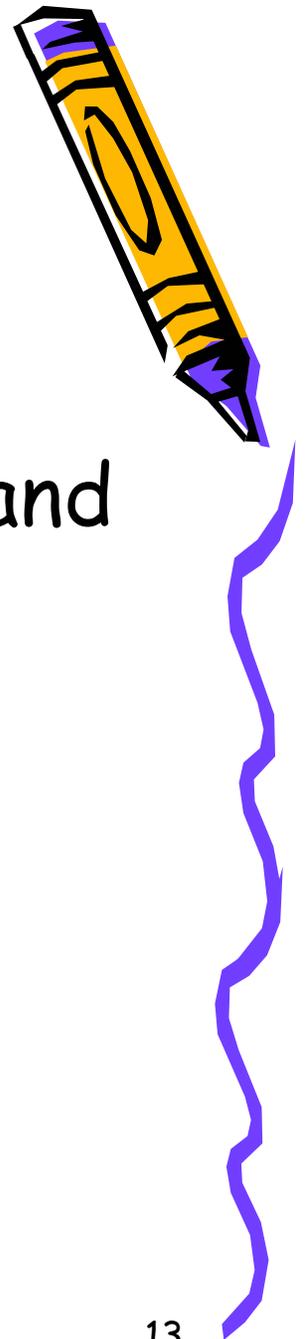


Students report:

- "If you eat lunch before recess, you get a tummy ache."
- "It takes off all your energy, so you're not moving around at lunch."

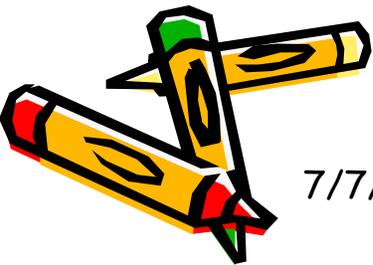


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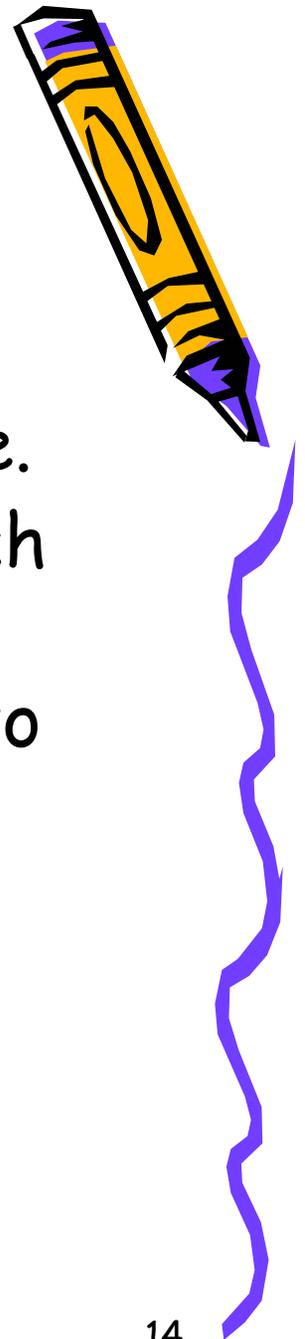


How to start a RBL Policy

- Build support within your school and community.
 - Within the School
 - Educate the Parents
 - Within the Community
 - Educate the Students



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How to start a RBL Policy

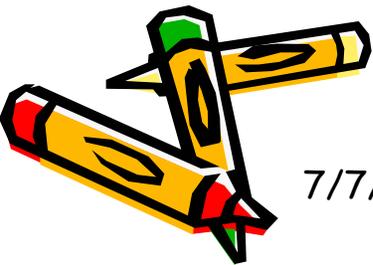
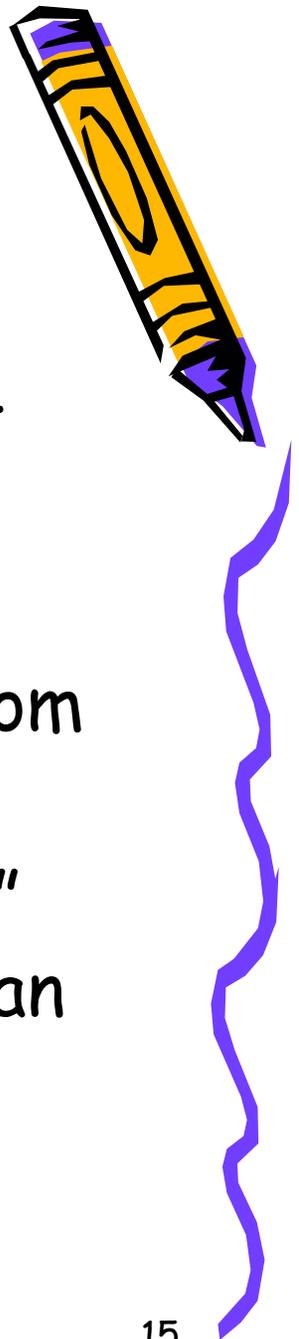
- Plan the new recess and lunch schedule.
- Include a hand washing plan in the lunch schedule.
- Allow adequate time for the children to eat lunch.
- Increase the presence of school staff in the lunchroom initially.



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Practical Tips

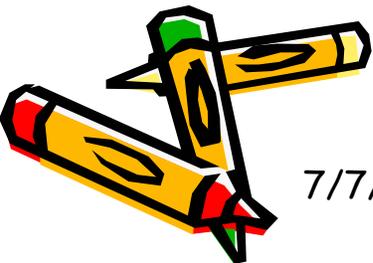
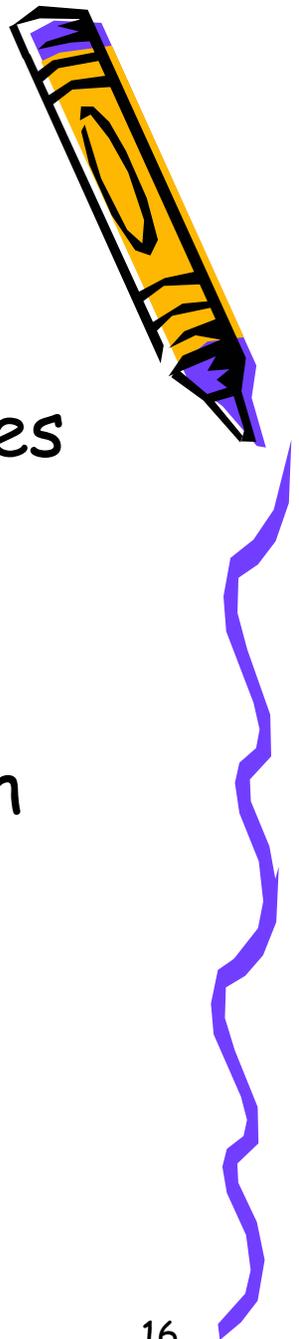
- Scheduling tends to be the biggest hurdle to overcome. Expect the schedule to be a work in progress.
- Get teachers' input and "buy-in" from the start.
- Younger kids (K-2) tend to "accept" the change in scheduling better than the older kids do initially.



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Practical Tips

- Decide where to store cold lunches for easy access.
- Some schools opt to take care of lunch money prior to recess.
- Kids are likely to be hungrier with this change. Schools may opt to offer a mid-morning snack, along with promotion of the school's breakfast program.



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A Recess Before Lunch Implementation Guide

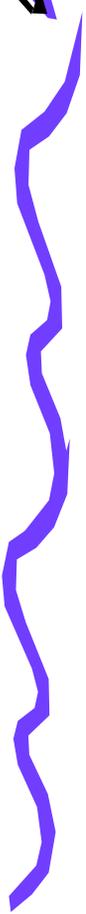
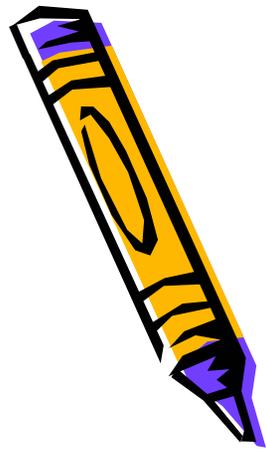
is available from the Montana Team
Nutrition Program

Or, access the guide online at:

<http://www.opi.state.mt.us/schoolfood/index.html>



7/7/2005



Contact Information

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Katie Bark, RD kbark@mt.gov

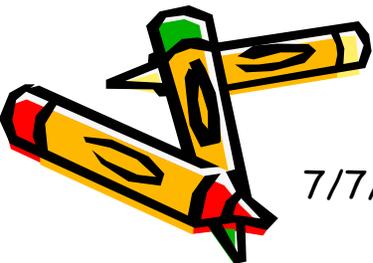
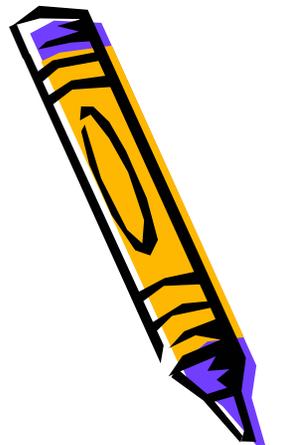
Montana Office of Public Instruction

School Nutrition Programs

Phone 406-444-2501

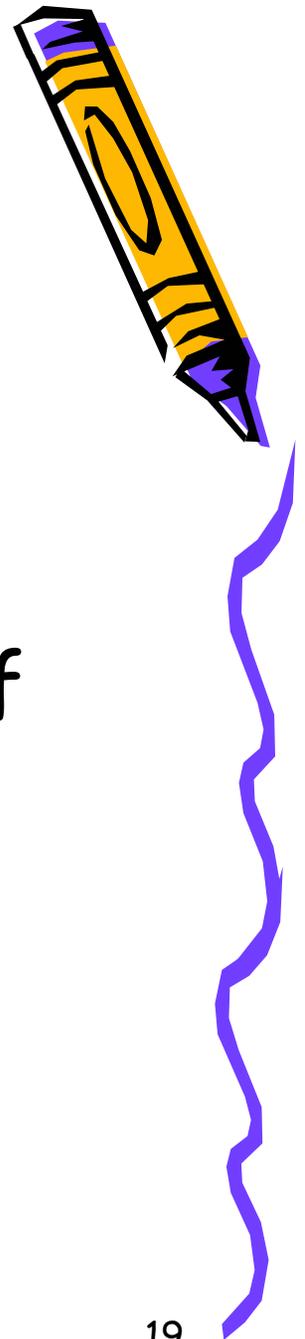
Chris Emerson, MS, RD-Director

cemerson@mt.gov

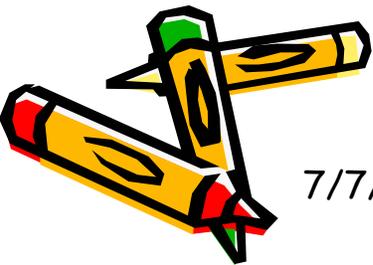


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In summary, Recess Before Lunch:



- Helps students eat better
- Helps students behave better
- Benefits teachers and school staff
- All of which lead to healthier families, schools and communities!



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