Recess Before Lunch Toolkit

FOR MISSOURI SCHOOLS

Missouri Department of Health and Senior Services

Acknowledgments

The Missouri Department of Health and Senior Services, Team Nutrition Program wishes to express our gratitude to school administration and food service directors for their time and effort sharing information about their Recess Before Lunch experiences.

We also wish to express our sincere appreciation to the Iowa and Montana Team Nutrition Programs, the Hawaii State Department of Health and the Hamilton County Coordinated School Health Committee of Ohio for providing the model for this toolkit.

For More Information

Alma Hopkins, MEd, RDN, LD
Team Nutrition Program
920 Wildwood
Jefferson City, MO 65102
573-522-2820
alma.hopkins@health.mo.gov

MO Recess Before Lunch (RBL) Toolkit

Contents

Background and Testimonials 2

A Wellness Policy Solution 4

Key Steps in Implementation 5

Sample Letter to Parents 7

Practical Tips on Implementing RBL 7

Sample RBL Schedules 10

RBL Readiness Checklist 12

Challenges and Solutions 13

Decrease Plate Waste 14

Appendix 15

Recess for Learning/Recess for Better Health 16

References 18

Background and Testimonials

Recess Before Lunch: What is it?

Recess Before Lunch (RBL) is a change in the traditional scheduling order of lunchtime and recess. As the name implies, RBL allows students to go to recess first and then eat lunch. While the concept of flipping recess before lunch sounds simple, schools often find that this policy change requires careful planning and efficient communication, as well as a strong commitment from school administrators, educators and food service staff to make the change successful. Overall, Missouri and many schools around the nation have found the effort in making the change to be beneficial to the students and staff while creating a better eating and academic environment.

Teachers, food service staff, parents and students from Missouri and throughout the nation 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.
- Students are not rushing through lunch to get out to recess.
- Students are hungrier when it's time for lunch, so they eat better.

"Recess Before Lunch has eliminated the 'rush to eat and get outside'… Students enter the cafeteria more calmly, they eat more calmly and they have fewer office referrals once they return to the classroom. Our faculty and staff have 100 percent agreement that this is a better way to structure the school day. We are glad it was suggested!"
— Dr. Teresa VanDover,
Principal (former)
Lee Expressive Arts School
Columbia Public Schools

Testimonials cont.

School Food Service Staff report:

- "They have better appetites and are a lot quieter. They eat more of their lunch."
- "Kids want to play, not eat. This way they are not in a hurry to get outside."

Parents report:

- "This policy is helping my child to eat better and enjoy his lunch more."
- "I appreciate and am glad that our school made this change."

Students report:

- "I can let my energy out!"
- "It makes me hungrier and I like to eat."
- "I can play soccer sooner; we get to play before we go to lunch."
- "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."

"We really see the positives of having lunch after recess... children are no longer eating only part of their lunch to hurry to recess, plus they have worked up an appetite after playing outside."
—Dr. Pat Tavernner, Principal
Lawson Elementary
Jefferson City Public Schools

"I would recommend Recess Before Lunch. Milk sales have increased and students eat more since no one is racing to finish their lunch to get to the playground first."
—Carmen Fischer, Director of Child Nutrition Services
Rockwood School District

Recess Before Lunch: A Wellness Policy Solution

60% of Missouri schools

are already providing recess before lunch for all or part of their students.[1]

4 out of 5 principals

report that recess has a positive impact on academic achievement.[4]

Recess Before Lunch

sets the stage for less discipline issues and better student behavior during recess, lunch time and the classroom.[2,7,9]

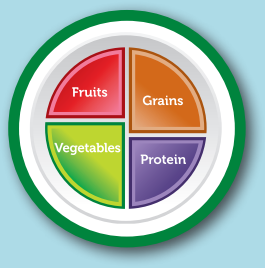
Greater nutrient consumption

and reduced plate waste.[2,8,9]

20% more of the intervention students drank entire carton of milk.[2]

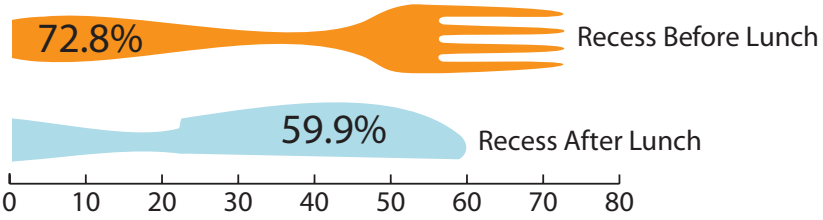
Plate waste decreased significantly from 40.1% to 27.2% when RBL was implemented.[8]

The consumption of calories, iron, calcium and vitamin A was significantly greater with RBL.[8]



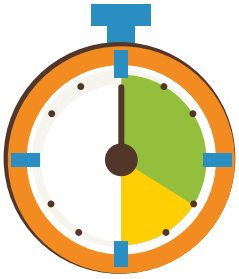
Eating lunch after recess

increased the percentage of food eaten.[8]



Better Classroom Performance
Children pay more attention to the lessons when they are eating more and wasting less food. The teachers feel that the kids are more settled and more ready to return and start afternoon classes. Principals and teachers also note improved behavior on the playground, in the lunchroom and in the halls.

Improved Cafeteria Atmosphere
The atmosphere in the lunchroom is more conducive to eating and much more relaxed because recess is not competing with lunch.



Extending lunch periods from

20 to 30 min

decreased percentage of food wasted.[8]

43.5% 20 min
27.2% 30 min

Key Steps in Implementation

Build Support Within Your School and Community
Within the school, utilize a team approach to fully examine all issues before implementing RBL.

- **Educate yourself.** It is beneficial to visit firsthand, or at least make contact, with another school administrator that has successfully implemented RBL. Connect with the Department of Health and Senior Services to inquire about a list of schools **who have implemented RBL.**
- **Educate your team** to include teachers, aides, secretaries, food service, staff, janitors and all others affected by RBL. Educate staff on this policy through a school staff meeting. Make a commitment to stick with it and ride out the first couple of months. School food service staff should be involved from the beginning, as they are key players in accommodating the change. Be ready for some resistance to change and small problems that arise. Keep the benefits in mind: enhanced nutrition, which supports improved behavior and learning.
- **Educate the parents** by placing information about RBL in the parent newsletter or send a letter to parents (refer to Sample Letter to Parents on page 7). Provide excerpts of RBL information, benefits or tips into the monthly school lunch menu that is provided to parents.
- **Educate the community**, share the benefits and concept of RBL at a parent advisory council meeting, school board meeting, or run an article in the local and school newspaper.
- **Educate the students** so that they understand the reasons for a schedule change. Plan the new recess and lunch schedule. Emphasize the time to play after morning classes will let them get their "energy out" and return to the cafeteria hungrier, thirstier and waste less food.

Key Steps cont.

Initially, the noise in the lunchroom may increase as the students learn to make this behavior change. Over time, schools have noticed an improved atmosphere in the cafeteria as children relearn to eat slowly, relax and socialize more during lunch.

Re-evaluate a Hand Washing Plan in the Lunch Schedule
Hand washing is an important food safety issue that should not be overlooked. Most school schedules are written so that the children come in from recess, put coats away, wash hands and then enter the lunchroom as a group. Other schools send children directly to the lunchroom from the playground, and provide them a disposable handy wipe or provide access to an instant sanitizer dispenser to cleanse their hands before eating.

Allow Adequate Time for the Children to Eat Lunch
It is recommended that children have at least 20 minutes from the time they sit down with their tray. It is important to remember that younger students require more time to get through the serving line and to eat. Students must also adapt to being in the cafeteria for 20+ minutes. Many schools find it helpful to use the score clock, if available, to count down the minutes until the students are released back to their classrooms. This helps students gauge how much time they have left. Practice this change with the kids.

Increase the Presence of School Staff in the Lunchroom
Principals and other school staff should plan to spend as much time as possible in the lunchroom, especially during the first couple of weeks, to practice the new routine with the students. Staff oversight helps ease the transition in to and out of the lunchroom and allows extra supervision as the students learn a new routine. The oversight exemplifies staff support of the RBL policy and the school lunch program, while enhancing the atmosphere of the lunch period.

Sample Letter to Parents

Date

Dear Parents:

Beginning _____(date), _____School will be trying a new schedule during our lunch break: "Recess Before Lunch." Many schools in Missouri and throughout the nation have already implemented this type of lunch hour. Before eating lunch, our students will be dismissed to the playground for play and then be brought in to eat. Following lunch, students will return to class, ready to learn. Students will have the (same/longer) _____ play time and will have a (same/longer) _____time in the lunchroom for eating during the new schedule.

There are many benefits to this type of program. Benefits such as the following:

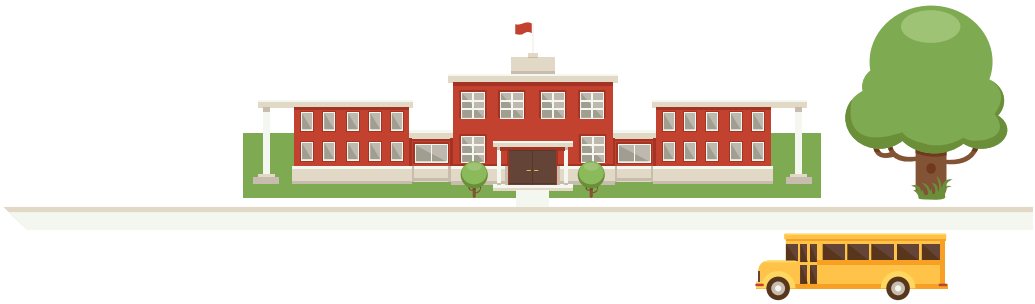
- Students eating more and wasting less food since they are not in a hurry to get outside to play.
- Cafeterias that are calmer and less disruptive, as children are more focused on lunch rather than the playground.
- Classrooms with students more ready to learn as they return feeling more full and settled.

We hope that this new schedule will promote better nutrition, more efficient transition in and out of the classroom and student achievement for all of our students. We will try this schedule beginning _____ (time period), and if successful, will implement it for the remainder of the school year addressing challenges and providing solutions along the way. If you have any questions, please contact me.

Thank you for supporting _____School.

Sincerely,

Name, Principal



Practical Tips on Implementing RBL Policies

School administrators, who have been successful in implementing RBL policies, recommend looking past the logistics of the scheduling change and concentrating on what is best for the kids.

Anticipate schedule challenges. It is do-able; it just takes some creative planning and flexibility. Expect the schedule to be a work in progress. No extra staff will be required as a result of the change. See examples of school schedules included in this guide for ideas.

Be open to receive teachers' input and collect their "buy-in" from the start. Promote the improvement in children's behavior on the playground and in the classroom, as well as more teaching time due to an easier transition back into the classroom.

Implement RBL as a one-year pilot and as a strategy that can help move the idea forward. Make plans to evaluate the process at the year's end. Provide monthly parent-teacher updates.

Expect challenges along the way and seek solutions. Principals relay challenges such as lost lunch money, tickets or cards; disorderly student lines entering the cafeteria and defining best procedures for washing hands after recess (refer to Challenges and Solutions on page 13).

Consider piloting a RBL schedule with the younger kids (K-2). Focus groups with students have shown that the younger kids perceive the change in a more positive way.

Decide where to store cold lunches and lunch tickets/punch cards for easy access. Some schools opt to take care of lunch money prior to recess. Others keep the accounting procedure the same.

Practical Tips cont.

Expect kids to likely be hungrier and thirstier with this change and plan accordingly. Schools may opt to offer a mid-morning snack, along with promotion of the school's breakfast program. Schools can enhance their accessibility of free water and provide more milk in the cafeteria to quench thirst.

Babler Elementary School of the Rockwood School District in Wildwood, Mo., saw a remarkable 11% increase in milk sales because of RBL policy. Schools with RBL may need to increase their inventory of healthy beverages for students.

Switching and piloting RBL may best occur at the beginning of the school year. This is the time when students and parents are more accustomed to change.

Sample RBL Schedules

A **Recess Before Lunch is implemented during all lunchtimes, with all students.** For example, all of the students go to recess first and then they proceed to the cafeteria. This method is simplest because all students and staff experience the same lunchtime routine.

B **RBL is implemented during some of the lunchtimes, with all students.** For example, the school has two lunchtimes and the first bell schedule has RBL, but the second lunchtime has lunch before recess. If the students have RBL during the first bell schedule, this provides extra time for meal preparation. The extra time is especially helpful for schools that also provide breakfast for students. Having the traditional lunch before recess schedule for the second bell facilitates a faster clean-up in the cafeteria after lunch.

C **RBL is implemented during all lunchtimes, but only one grade per schedule has RBL.** For example, the first bell schedule has grades 1-3 and grade 3 has RBL while grades 1 and 2 go directly to lunch. This method of implementation has the advantage of fewer students on the playground or in the cafeteria at one time, resulting in shorter cafeteria lines and a greater ratio of supervisors to students in each location. This schedule works well to address student behavior problems.

D **RBL is modified so that students have recess, lunch and then recess again.** In this way, students may go back outside after finishing their lunch.

One Lunch Period

One Lunch Period All Students Have Recess Before Lunch

TIME	ACTIVITY
8:00 - 8:15	Morning Business
8:15 - 9:45	Instructional Block
9:45 - 10:00	Morning Recess
10:00 - 11:15	Instructional Block
11:15 - 11:30	***Recess***
11:30 - 11:45	Transition time for grades K-2
11:45 - 12:15	***Lunch***
12:15 - 1:15	Instructional Block
1:15 - 2:15	Instructional Block

Two Lunch Periods

Two Lunch Periods Recess Before Lunch: *Second Lunch Only*

TIME	ACTIVITY
8:00 - 8:15	Morning Business
8:15 - 9:45	Instructional Block
9:45 - 10:00	Morning Recess
10:00 - 11:00	Instructional Block
11:00 - 11:30	***Grades K-2 to Lunch***
11:30 - 11:45	***Grades K-2 to Recess*** (10:00 – 11:45 Instructional Block Grades 3 – 5)
11:45 - 12:00	***Grades 3 - 5 to Recess***
12:00 - 12:30	***Grades 3 - 5 to Lunch*** (11:45 – 12:15 Instructional Block Grades K – 2)
12:15 - 1:15	Instructional Block
1:15 - 2:15	Instructional Block

Three Lunch Periods

Three Lunch Periods Recess Before Lunch: *Selected Grades Only*

TIME	ACTIVITY
7:55 - 9:50	Instructional Block
9:50 - 10:10	Morning Recess
10:00 - 10:55	Instructional Block K-1
10:55 - 11:25	***First Lunch Grades K-1***
11:25 - 11:35	***Recess for Grades K-1***
10:10 - 11:15	Instructional Block for Grades 2 & 6
11:45 - 12:00	***Second Lunch for Grades 2 & 6*** (6th Grade Recess 11:15 - 11:25)
12:00 -12:30	***Recess for Grades 2 & 6*** (6th Grade Lunch 11:25 - 11:55)
10:10 - 11:55	Instructional Block for Grades 3, 4 & 5
11:45 - 12:00	***Third Lunch for Grades 3, 4 & 5*** (5th Grade Recess 11:55 - 12:05)
12:00 - 12:30	***Recess for Grades 3, 4 & 5*** (5th Grade Lunch 12:05 - 12:35)
11:35 - 2:07	Instructional Block for Grades K-1
11:55 - 2:07	Instructional Block for Grades 2 & 6
12:35 - 2:07	Instructional Block for Grades 3, 4 & 5

Recess Before Lunch Readiness Checklist

Recess Before Lunch Readiness Checklist

Use this checklist to assist in starting Recess Before Lunch and identifying actions needed to ensure success.

	Yes	No	Maybe	What Needs to Happen?
Are school administrators supportive?				
Are school nutrition staff supportive?				
Are teachers supportive?				
Have other schools that implemented RBL been contacted for best practices, sample schedules, etc.?				
Will students and parents have opportunities to provide input on RBL?				
Will all staff affected by the schedule change (teachers, janitors, aids, food service) be a part of the schedule discussion?				
Is there a plan to assess meal consumption pre and post (production records, participation numbers, food waste, etc.) to measure success?				
Will students have at least 20 minutes of seated time to eat lunch?				
Would current school nutrition staff work schedules remain the same?				
Will there be adequate coverage of school staff during recess time and transition to lunch?				
Is there an area that is convenient to hang jackets/outdoor gear in or near the cafeteria?				
Have hand washing procedures been identified?				
Is there a plan for the management of lunch payment cards or money (if used)?				
Is there a plan for the management of lunches brought from home?				
Is there a plan in place for students with medical needs?				

Challenges and Solutions

Challenges	Solutions
Scheduling	Start with one or two grades to pilot OR consider piloting it for an entire year to work out the processes.
	Educate and involve all appropriate personnel in the planning process (teachers, aides, secretaries, food service, staff, janitors etc.).
	See sample schedules.
	Educate students and parents regarding change.
Hand Washing	Elementary schools may consider adding five minutes to each lunch session so students could use the restrooms and wash their hands before lunch.*
	Install dispensers with hand sanitizer so students can clean their hands as they enter the cafeteria.
	Proceeds from a vending machine that dispenses healthy snacks can pay for the sanitizing liquid.
	Seek donations for the purchase of sanitizer dispensers.
Lunches from Home and Lunch Cards	Each class has a bucket that collects lunch boxes from home. The bucket sits out in the hall, collects lunch boxes as students walk out to recess. A custodian transports the buckets to the cafeteria ready to be picked up by students returning from recess.
	Lunch cards also are left on a table, so pupils can collect them as they come in from recess.

*Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs like Cryptosporidium, Norovirus and C. Difficile and might not remove harmful chemicals. Hand sanitizers are not as effective when hands are visibly dirty or greasy.
Source: www.cdc.gov/handwashing

Decrease Plate Waste

Recess before lunch is a best practice with the benefits of decreasing food waste based on reasons already discussed. Although RBL is a great strategy, there are many factors school nutrition programs should consider when addressing food waste in a more comprehensive manner. These time-tested procedures in school kitchens are known to assist in creating a vibrant school lunch program.

- **Implement Offer vs Serve for all grades (not just high school).** Offering students variable food item options known as Offer vs Serve (OVS) increases student participation.
- **Integrate self-serve food bars.** Self-service food bars are excellent not just for holding salad bars but also for breakfast and specialty yogurt or potato bars.
- **Serve bite size fruits and vegetables.** Student surveys' reveal that offering produce in bite size portions such as slices of oranges, wedges of apples and green pepper and carrot sticks are preferred.
- **Lengthen time for students to eat.** Adequate time to eat has been defined as a lunch period that allows all students 20 minutes of sitting time.
- **Support training of culinary skills for staff.** Schools are encouraged to support professional development of nutrition staff and submit applications to the Missouri Culinary Skills Institute trainings. For more information, go to http://health.mo.gov/living/wellness/nutrition/culinaryskills.
- **Incorporate local produce in recipes** to enhance the flavor and taste of menu items.
- **Offer periodic student surveys.** Allow students routine student input and feedback about new entrees or taste-testing opportunities.
- **Implement progressive menu planning.** Cycle menus and adjust them according to the season and availability of produce.
- **Keep accurate food production records.** Keep accurate production records to note popular and not-so popular food items. Accurate production records are vital in controlling inventory and prepping foods to meet the demands of the students.
- **Incorporate Smarter Lunchroom principles into your cafeteria.** Making low cost or no cost changes to cafeterias helps increase student selection of healthier options. Go to www.smarterlunchrooms.org for free online training.

Appendix

Recess for Learning/
Recess for Better Health

Recess for Learning

The National Association for Sport and Physical Education (NASPE) recommends that schools provide 20 minutes of recess per day. Yet, up to 40 percent of U.S. school districts have reduced or eliminated recess in order to free up more time for academics.[1] Scaling back recess comes at a cost to learning. Research has shown that recess helps students to focus and learn better.[2] It's time for education policymakers to take play seriously and enhance recess to improve learning and school climate – and parents can help.

Advocate for More Recess

If your school does not offer recess, does not meet the recommended 20 minutes a day, or allows recess to be withheld as a form of discipline, start a campaign to bring it back. Check out **Playworks** and **Peaceful Playgrounds** for campaign resources.

Advocate for Better Recess

An effective recess program should include:

- Enough trained adults to enforce safety rules and prevent aggressive, bullying behavior
- Enough space, facilities, and equipment
- A physically safe environment

Principals agree...

- Four out of five principals report that recess has a positive impact on academic achievement.
- Two-thirds of principals report that students listen better after recess and are more focused in class.
- Virtually all believe that recess has a positive impact on children's social development (96%) and general well-being (97%).

"The State of Play," Robert Wood Johnson Foundation

Advocate for Active Recess

Sometimes called "structured recess," this is a planned and actively supervised recess period where:

- Students engage in organized "play" or games that emphasize turn-taking, helpfulness, rule-following, and emotional control.
- Each game or activity has pre-set rules that the entire school population follows.
- Older students may be trained to help lead activities for younger students.

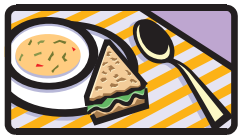
The benefits include reduced bullying, better behavior, and easier transitions from recess to learning.[3] The goal is to get all students moving and engaged. Staffing can be one of the biggest barriers to implementing an active recess program. Parents can volunteer to lead activities and supervise at recess. Schools can always use help in this area. Make sure parent volunteers receive training – either from school staff or other experts. **Playworks** offers trainings and a free, online "playbook" with hundreds of games and activities.

Indoor Recess Kits

Ryan Elementary in Westminster, Colorado, put together indoor recess kits for inclement weather days as part of their *Fuel Up to Play 60* program. The kits include Chinese Jump Ropes, Juggling Scarfs, Dice with Movement Cards, and a teacher's guide to brain-break activities. The kits replace the old standard of showing a movie to make sure students get a much needed movement break even though they can't go outside.

Playground Design

Playground enhancements can help decrease safety concerns and promote increased activity. When you're ready to revamp your playground, check out **KaBOOM!** and **Peaceful Playgrounds** for playground improvement guides, planners, blueprints, stencil sets and fundraising support.



Recess for Better Health

Advocate for Recess Before Lunch

Just as it sounds, this is the practice of switching school schedules so that students play at recess first, then eat lunch. Kids tend to eat a better lunch if they've already had their time on the playground, leading to less waste, better behavior and better performance in the classroom.[4] Although major schedule changes can be challenging, many schools are doing it successfully and reaping lots of benefits. Visit the **HealthierUS School Challenge**, **Peaceful Playgrounds** and ***Game On! The Ultimate Wellness Challenge*** for resources.

Make Your Recess Inclusive

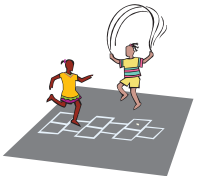
When planning your recess program, give special consideration to children with particular physical activity needs and those who are at-risk for a less active lifestyle, including children with chronic illnesses, physical and other disabilities, as well as those who are overweight. Most activities can be modified to ensure that all students can join in and realize the benefits. Check out **SPARK PE** for inclusive recess strategies.

Recess for Secondary Students

Recess is for younger kids, according to some teenagers! So **Apex Middle School** students in North Carolina don't have recess, they have 12 minutes after lunch called "Blacktop Time." The PTA painted the blacktop to mark out various activities to inspire more movement, and adults are around to encourage participation. **Panther Creek High School** in North Carolina offers SMART Lunch, an extended, single lunch period for all students. Students spend half their time eating lunch and half their time participating in a variety of activities, including rotating sports activities that are set up in the gym. Your school could also include Dance, Dance Revolution, Wii Fit, yoga, or exercise videos.

Resources

- *Fuel Up to Play 60*
  www.fueluptoplay60.com
- *Game On! The Ultimate Wellness Challenge*
  www.ActionforHealthyKids.org/game-on/
- SPARK PE inclusive strategies
  www.sparkpe.org/wp-content/uploads/2009/11/K2_R_Inclusive_Strategies.pdf
- USDA HealthierUS School Challenge Recess Before Lunch Resources
  http://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/recess-recess-lunch
- KaBOOM!
  http://kaboom.org/
- Playworks
  www.playworks.org/
- Peaceful Playgrounds
  www.peacefulplaygrounds.com



Action for Healthy Kids® partners with teachers, students, parents, school wellness experts and more to fight childhood obesity, undernourishment and physical inactivity by helping schools become healthier places so kids can live healthier lives. Our programs, tools and resources make it possible for everyone to play their part in ending the nation's childhood obesity epidemic.

www.ActionforHealthyKids.org

The websites listed in this document are provided as a service only to identify potentially useful ideas and resources for creating healthier school cultures. Action for Healthy Kids is not responsible for maintaining these external websites, nor does the listing of these sites constitute or imply endorsement of their content.

[1]The State of Play. Robert Wood Johnson Foundation, http://www.playworks.org/files/StateOfPlayFeb2010.pdf
[2]http://www.scholastic.com/teachers/article/recess-makes-kids-smarter
[3]http://www.playworks.org/research-reveals-playworks-reduces-bullying
[4]http://www.peacefulplaygrounds.com/pdf/benefits-of-recess-before-lunch.pdf

Action for Healthy Kids®

References

1. Missouri School Nurse Survey, Rates of Recess before lunch in Missouri schools. (2016). Department of Health and Senior Services.
2. Hunsberger, M., McGinnis, P., Smith, J., Beamer, B.A., O'Malley, J. (2014). Elementary school children's recess schedule and dietary intake at lunch: a community-based participatory research partnership pilot study. BMC Public Health, 14: 156. Retrieved August 26, 2016 from http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3937036/
3. Centers for Disease Control and Prevention. (2014). Strategies for Creating Supportive School Nutrition Environments. Retrieved August 29, 2016 from http://www.cdc.gov/healthyschools/npao/pdf/LWP_SchoolNutrition_Brief_2012_13.pdf
4. Robert Wood Johnson Foundation. The State of Play: Gallup Survey of Principals on School Recess. (2010). Retrieved August 29, 2016 from http://www.rwjf.org/en/library/research/2010/02/the-state-of-play.html
5. Bounds, W., Nettles, M. F., Johnson, J. T. (2009). Recess Before Lunch Programs in Elementary Schools: Perceptions and Practices of School Professionals. The Journal of Child Nutrition and Management, Issue 1. Retrieved August 29, 2016 from https://schoolnutrition.org/5--News-and-Publications/4--The-Journal-of-Child-Nutrition-and-Management/Spring-2009/Volume-33,-Issue-1,-Spring-2009---Bound;-Nettles;-Johnson/
6. Rainville, A.J., Wolf, K. N. (2006). Focus groups identify barriers to recess placement prior to lunch in elementary schools. (R-130-06). University, MS: National Food Service Management Institute. Retrieved August 29, 2016 from http://www.nfsmi.org/documentlibraryfiles/PDF/20080313043342.pdf
7. Tanaka, C et al. (2005). Modifying the Recess Before Lunch Program: A Pilot Study in Kaneohe Elementary School. Californian Journal of Health Promotion. Vol 3, Issue 4, 1-7. Retrieved August 29, 2016 from http://cjhp.fullerton.edu/Volume3_2005/Issue4-Hawaii/01-07-tanaka.pdf
8. Bergman, E.A., Buergel, N.S., Femrite, A, Englund, T.F. (2003). Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools. (R-71-03). University, MS: National Food Service Management Institute. Retrieved August 29, 2016 from http://www.nfsmi.org/documentlibraryfiles/pdf/20080225034510.pdf
9. The Montana Office of Public Instruction School Nutrition Programs Pilot Project Report. (2003). A Recess Before Lunch Policy in Four Montana Schools. Retrieved August 26, 2016 from http://www.opi.mt.gov/pdf/schoolfood/RBLPilot.pdf
10. Buzby, J.C., & Guthrie, J.F. (2002). Plate Waste in School Nutrition Programs: Final Report to Congress. Retrieved August 26, 2016 from http://www.ers.usda.gov/publications/efan02009/efan02009.pdf

Missouri Department of Health and Senior Services

health.mo.gov

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYERS

Services provided on a nondiscriminatory basis.

Recess Before Lunch Toolkit

FOR MISSOURI SCHOOLS

Missouri Department of Health and Senior Services