



## NJ teachers say breakfast after the bell helps students concentrate

*Quickly becomes part of the morning routine*

“They have it down to a science. There’s no time taken away from instruction and breakfast definitely helps keep them energized and focused throughout the day.”

**Chelsea Vargo, 2nd grade teacher,  
Newark Public Schools**

“Classroom breakfast runs really smoothly. It doesn’t cause a distraction. It helps the kids get through the day. You can’t learn if you are hungry.”

**Erika Stratton, 1st grade teacher,  
Burlington Township Public Schools**

“This gives us comfort knowing every child has had a breakfast before school starts. I used to send students to the nurse who were complaining about headaches. Now I believe there is a correlation between having the breakfast program and fewer trips to the school nurse.”

**Tara Wainright, 5th grade teacher,  
Vineland School District**



“Providing school breakfast is very important because some of the students don’t get that opportunity at home.”

**Toni Anne Petrillo, kindergarten teacher, Newark Public Schools**

“I have to admit in the beginning it was a little rough. It’s a live and learn situation. But as time went on, it was great and the students adjusted. You have to open your mind to it and know it’s going to be helpful to the child. If the children are tired and hungry, they are not going to work anyway.”

**Donna Thompson, 1st grade teacher, Harrison School District**

“You’re always concerned about taking away education time obviously, but if it’s done smoothly and properly, it will be a success.”

**Tom Culleney, 5th grade teacher, Egg Harbor City School District**

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