

## What is Grab n Go?

The Grab n Go is an innovative breakfast program designed to encourage more students to start the day with a nutritious meal. Now in its second year at Balboa High School in San Francisco, Grab n Go features a complete breakfast packed in a bag, which students pick up as they enter the school and take to their first period class. Breakfast can be eaten during the first ten minutes of class time. Balboa is the only high school in the Bay Area to offer Grab n Go. In July 2006, the Grab n Go Breakfast program at Balboa won a “Victory Against Hunger” Award from the Congressional Hunger Center in Washington D.C., and in March 2007, the Grab n Go was awarded an \$8,000 grant from the “got breakfast” Foundation, in conjunction with the anti-hunger Share Our Strength Foundation .

The Grab n Go breakfast includes a variety of items, such as cold cereal, bagel and cream cheese, fresh fruit, orange juice, fruit muffin, string cheese, yogurt, and milk. Hot items such as French toast, pancakes, and waffles, are featured several times a week. Breakfast is free to students who qualify for free or reduced price lunch; \$1 for all others.

### **Grab n Go by the numbers**

80 – average number of students who ate breakfast in the Balboa cafeteria during 2004-05

163 – average number of Grab n Go breakfasts served per day in 2005

275 – average number of Grab n Go breakfasts being served in March 2007

59% – percentage of Balboa students who qualify for free or reduced price meals (2006-07)