



Recess Before Lunch

What is a Recess Before Lunch Policy?

A RECESS BEFORE LUNCH policy is where students go to recess first and then eat lunch!



Indiana Schools are reaping the benefits:

- Improved student behavior on the playground, in the cafeteria, and in the classroom.
- Students waste less food and drink more milk, leading to increased nutrient intake.
- Improved cafeteria atmosphere.
- Children are more settled and ready to learn in the classroom.

Principals Report

- “At Forest Glen Elementary, we have noticed less time wasted in selecting food and settling down to eat. Students in the two pilot classes are calmer, more settled, and ready to begin learning than when they come in off the playground.”
- “Be willing to make a commitment to the recess before lunch change, and ride it through. Expect a small amount of resistance at first.”
- “Benefits we have seen are: less conflict on the playground and in the lunchroom, improved behavior in afternoon classes, and students are eating better and wasting less food.”

Teachers Report

- “We have more uninterrupted teaching time.”

Students Report

- “It makes me more hungry.”
- “It takes off extra energy.”

Tips for Getting Started in Your Community and School:

- Build support within your community and school staff.
- Realize that adapting the schedule is a work in progress.
- Develop a hand washing routine.
- Schedule adequate time for students to eat.
- Practice this new routine with the students. Spend as much time in the Lunchroom as possible during the first weeks.
- Be committed even through the trial period.

For more information, contact:

Indiana Action for Healthy Kids (IN AFHK)
Anne Graves, Chair
Clarian Health Partners
Phone: 317.962.9017
agraves1@clarian.org

Indiana Action for Healthy Kids (IN AFHK)
Laura McCammack
Clarian Health Partners
Phone: 317.962.3095
lmccamma@clarian.org

www.IndianaActionForHealthyKids.org



Indiana Action for
Healthy Kids

