



Why Have Recess Before Lunch?

Students who go to recess after lunch are often thinking ahead to recess and rush to finish their lunch rather than taking the time to eat a well-balanced meal.

When recess is before lunch, students waste less food, consume more food and nutrients, and perform better in the classroom because of increased nutrient intake and focused attention.



For more information

Child & Adult Nutrition Services
800 Governors Drive
Pierre, SD 57501-2235
Phone: (605) 773-3413
Fax: (605) 773-6846
doe.sd.gov/oess/cans



How can your school make the change?

- Schedule adequate time (25-30 minutes) for students to eat.
- Inform school faculty and staff, parents, school board, students, and the community of the reasons for the change to build support.
- Realize that change takes time and effort, and there may be challenges.
- Develop routines for the following if you do not already have them in place:
 - Hand washing
 - Going to recess, coming in from recess and going to lunch, and from the lunchroom back to the classroom
 - Getting lunch tickets
 - Getting sack lunches
 - Submitting lunch money
- Work out schedule changes with principals, food service workers, teachers and custodians.
- Be committed, even through a trial period.

