

3 Ways the Smarter Lunchrooms Movement Can Improve Kids' Food Choices at School

Encouraging kids to select and enjoy healthy foods doesn't have to be complicated or expensive. Choose one option from each principle to customize an effective, low-cost or no-cost makeover for your lunchroom for under \$50.

Increase the Number of Students Who Select FRUIT



Option 1:

Display fruit in 2 locations per line, at least one of which is near the register.

Option 2:

Display whole fruits in an attractive bowl or basket instead of a steel tray.

Option3:

Use signs and verbal prompts to draw attention to fruit and encourage kids to select them.

Increase the Number of Students Who Select VEGETABLES



Option 1:

Give veggies creative or descriptive names. Display name signs beside the veggies.

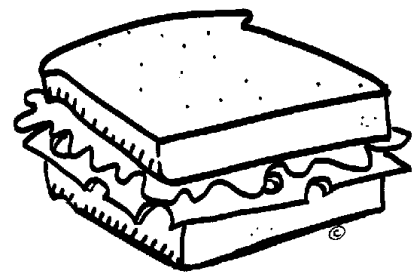
Option 2:

Display the creative, age-appropriate names on menu boards outside the cafeteria.

Option3:

Create a SNAC, make them responsible for creating veggie names and signage.

Increase the Number of Students Who Select TARGETED ENTRÉES



Option 1:

Make the entrée with the greatest nutrient density the first or most prominent in line.

Option 2:

Give targeted entrees creative and descriptive names. Display name signs beside the entrées.

Option3:

Display the creative entrée names on a placard or menu board outside the cafeteria.

For more information and resources about Smarter Lunchroom Makeovers, go to SmarterLunchrooms.org or contact Kathryn Hoy (MFN, RD, CDN) at the Cornell University Food and Brand Lab B.E.N. Center, kih7@cornell.edu

It's Not Nutrition...Until It's Eaten!

