

Promoting School Meal Programs



WHY DOES THIS MATTER?

- Sending monthly lunch menus home to families has been associated with increased selection of healthy entrees by students.¹

- Other strategies to promote knowledge of school menus prior to mealtimes, such as posting menus in the main office or including in morning announcements, are positively associated with student perceptions of the cafeteria and foods offered.²

- Including information about a fruit or vegetable of the day in morning announcements has been associated with increased fruit and vegetable consumption.³

- Promoting a daily featured meal option visually with a creative, descriptive name can significantly increase selection of the featured meal.⁴

References

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4. Ensaff H, Homer M, Sahota P, Braybrook D, Coan S, McLeod H. Food choice architecture: An intervention in a secondary school and its impact on students' plant-based food choices. *Nutrients*. 2015 Jun;7(6):4426-37.