

Let's Go!

SMARTER LUNCHROOMS

Work with your cafeteria manager to complete the Scorecard included in this toolkit. Work together to see where things are going well and where new best practices can be introduced.

In 2015, Let's Go! created a Let's Go! Smarter Lunchroom Recognition Program. Learn more on page 12 of the Let's Go! Recognition Packet for Schools.



Let's Go! is working with school lunchrooms across the state to implement science-based practices that nudge students to make healthy selections in the lunchroom.

We're calling cafeterias that make the healthy choice the easy choice Let's Go! Smarter Lunchrooms. This effort is based on the Smarter Lunchroom Movement at Cornell University.

Smarter Lunchroom practices provide a great opportunity for school and cafeteria staff to come together to make sure the cafeteria environment supports healthy kids. Most Smarter Lunchroom practices can be implemented by the cafeteria staff, but some of them require involvement from the greater school community.

A cafeteria may have several goals to improve consumption of healthier options. Here are examples of Smarter Lunchroom practices that can help meet your cafeteria goals:

Goal: Increase vegetable consumption.

Smarter Lunchroom practices to achieve goal:

- Work with students to creatively name the vegetables (changing the name of carrots to "X-ray Vision Carrots" increased selection by 70% in one study).
- Place the salad bar in the heavy traffic areas.
- Hold taste tests.

Goal: Increase consumption of white milk.

Smarter Lunchroom practices to help achieve goal:

- Re-arrange cooler so that white milk is most convenient. Make sure white milk accounts for at least 1/3 of the drinks displayed in all coolers.
- Place white milk in front of other drinks.

Visit www.smarterlunchrooms.org to learn more.

It works!

Researchers from Cornell University have found that:

- Moving and highlighting fruit increased sales of fruit by up to 102 percent.
- Naming vegetables with creative descriptions increased student selection of vegetables from between 40–70 percent.
- Placing chocolate milk and other unhealthy drinks out of reach increased white milk sales by 46 percent.