

Students Shape School Lunches of Tomorrow

2017 SNEB | Katie Bark, Project Director

Montana Team Nutrition, MSU

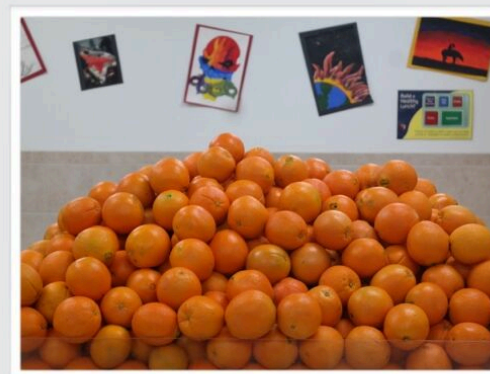


+ Smarter Lunchroom Projects

- Creating Smarter Lunchrooms in Montana High Schools Pilot Project
- Team Nutrition and SNAP ED Partnership in Creating Smarter Lunchrooms in Montana Elementary Schools
- Development of a *Best Practices for Engaging Students in Smarter Lunchrooms Guide*
- Smarter Lunchroom Individual School Consults



Skyview HS, Billings Refreshing Smoothies



Orange Mountain--Smarter Lunchroom Project--Hardin High School--March 5, 2015

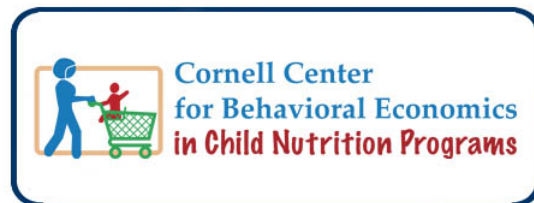
Hardin HS, Orange Mountain

+ Team Nutrition and Food and Health Lab

High School Smarter Lunchroom Partnership

Project Outcomes:

1. Development of food waste protocol
2. Data collection and analysis of food waste and consumption in schools
3. Development of (1) Creating Smarter Lunchroom in High School Video, (2) Conducting a Plate Waste Study using the BEN Center's Quarter Method Video, (3) Salad Bar Method Video



+ Creating Smarter Lunchrooms in Montana High Schools Pilot Project

Methods:

- Developed SLAC (School Lunch Advisory Council) in each school. Foodservice/Teacher/3+ students.
- Developed plan to implement 3+ SL strategies
- Conducted Pre and Post Score Card and photos; Collected 3 Days pre and post plate waste

Outcomes:

Individual Reports and Success Story on each school

Plate Waste and Student Meal Participation Data that showed positive impacts

Utilized information to design trainings and projects

↑ **2% ADP for all 5 sites**

From
This



To
This



And
This



Columbia Falls HS Service Line Makeover



+ High School Salad Bar Actions

1

- Turned the salad bar, allowing both sides to be used for easy, fast access.
- Enhanced salad bar to include soup, homemade bread, and convenient fresh vegetable cups. Offered a soup/salad/bread reimbursable meal option.
- Created new signage at salad bar and a la carte line.

2

- Created a restaurant-style salad bar to offer more fruit and vegetable choices.

3

- Repositioned the salad bar to be the first station in the service line.

4

- Redesigned the lunchroom by moving the salad bar to the beginning of the lunch line, allowing for easy access and high visibility.
- Enhanced marketing of salad bar items with eye catching placement of fruit.
- Using shallower pans on salad bar to decrease waste and leftovers.

5

- Moved salad bar to the front of the line.

+ Salad Bar Enhancements





Pre

Post

High School Salad Bar Results



Waste Per Consumer

1.20
ounces

1.15
ounces

Ounces
Eaten Per
Consumer

4.89
ounces

6.30
ounces

Vegetable
Selected Per
Consumer

.63%
of total
on salad
bar

.98%
of total
on salad
bar

Total
Selected Per
Consumer

.76%
of total
on salad
bar

.95%
of total
on salad
bar

Significant
Relationship
($p < 0.05$)

YES

NO

Note: Data collected from salad bars 3 days pre and 3 days post intervention at 5 high schools, totaling 30 observation days.

+ High School Lunch Tray Actions

1

- Branded the lunchroom with new name displayed on banners, aprons, and hats for food service staff.

2

- Advertised daily menu options on a new menu board,
- Created a smoothie bar featuring a variety of flavors and a reimbursable meal option.
- Catchy and appealing smoothie flavors/names attract student's attention.
- Created eye-appealing décor along the serving line.
- Redesigned the lunchroom room for a more efficient flow pattern. Created a faster service line in a separate corner of the cafeteria and moved the custom sandwich cart to improve access.

3

- Added signage promoting the daily soup, local foods, daily lunch menu, and offer versus serve.
- Fruit and vegetable baskets were placed next to the cash register.
- A Student Nutrition Advisory Council was formed with school staff to guide the strategies to be implemented.
- Student-designed fruit and vegetable art work was displayed in the lunchroom.
- Food service staff were retrained on the offer versus serve option, stopped pre-plating trays, and promoted choice within fruits and vegetables.

4

- Started a grab and go lunch meal station for students who don't want to eat in the lunchroom.
- Placing fruits, vegetables, salads and milk front and center on the a la carte line.
- Enhanced the main line with decorative baskets and serving dishes.
- Offered smoothies, fruit parfaits, and fresh vegetables with attractive promotional signage on the a la carte line.

5

- Promoted the daily lunch menu in multiple areas with chalk board and sandwich board signage.
- Improved ambiance with eye-appealing décor, removed clutter, and ordered colorful banners.
- Started a sharing bowl for leftover whole fruit.



High School Actions to Promote Fruits & Vegetables at Lunch

New Item!!! Have a Smoothie @ Lunch

Every day — Berry Palooza
(Smoothie made with Strawberries)

Monday — Whim-Wham
(Smoothie made with Fruit Mix or Pears)

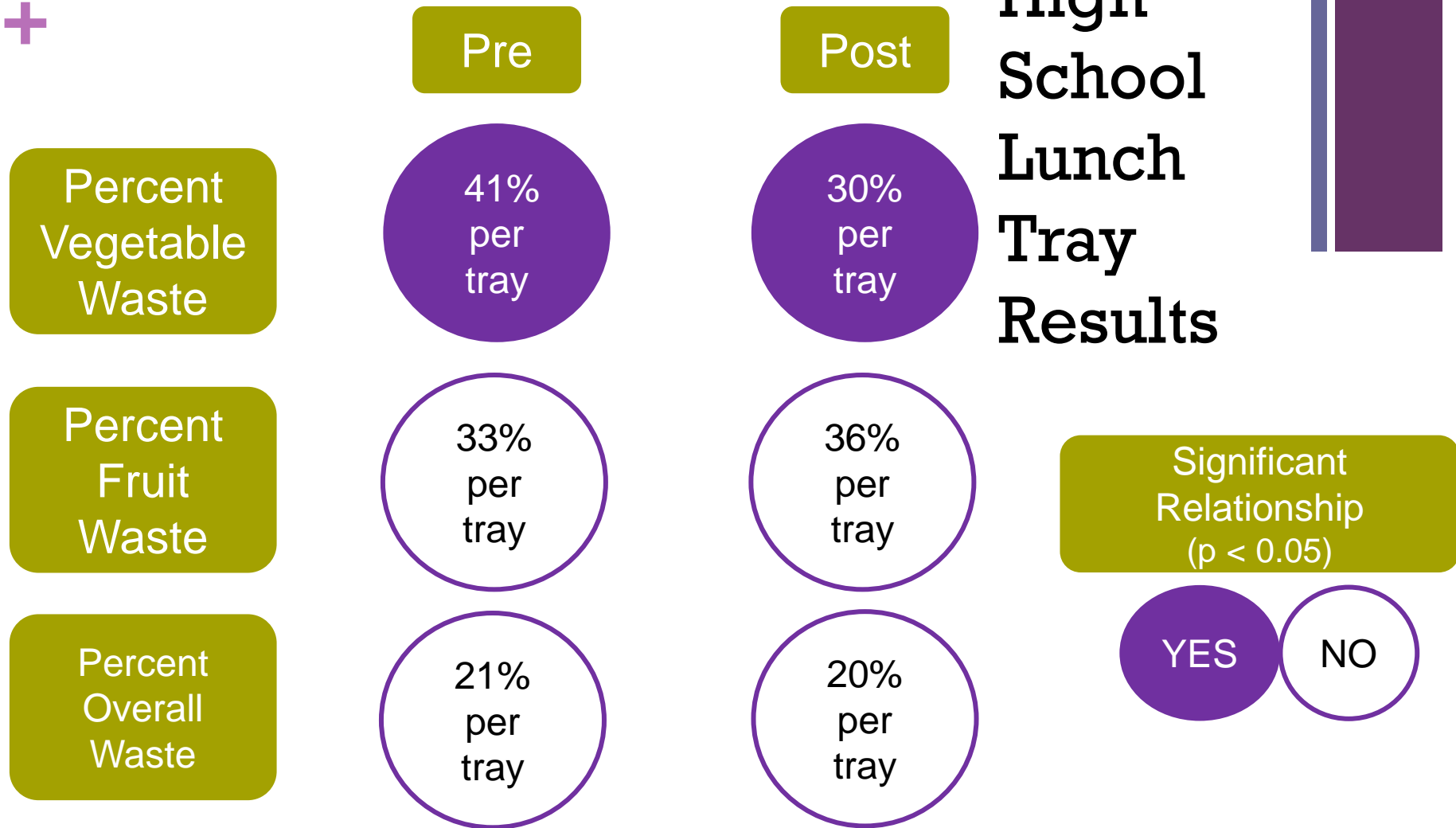
Tuesday — Blues Blaster
(Smoothie with Blueberries)

Wednesday — Humdinger
(Smoothie made with Mandarin Oranges)

Thursday — Veggie Vault
(Smoothie made with Carrots)

Friday — Just Peachy
(Smoothie made with Peaches)







Facilitated Factors for Successful Student Engagement

- Collaborative relationship with foodservice staff and educator
- Open-minded Food Service Director to student feedback
- Development of SLAC – School Lunch Advisory Council
- Flexibility around student's schedule and use of incentives
- Conduct projects in the fall rather than spring semester
- Training of front line staff
- Follow-up to continue collaborations and assess long-term sustainability of strategies

+ Stepping into Montana's Smarter Lunchrooms



Belgrade School District, Belgrade High School

Smarter Lunchrooms Principles Used:

1. Increase convenience
2. Improve visibility
3. Enhance taste expectations



Contact: Dana Brandt
Position: School Food Service Director
Email: dbrandt@belgradeschools.com
Phone: 406.924.2516

Goals:

- ⇒ Increase the amount of fruits and vegetables selected and eaten by students.
- ⇒ Try several Smarter Lunchroom's principles to improve the lunchroom environment.
- ⇒ Engage students in the process of creating a Smarter Lunchroom.

Action:

- ⇒ Repositioned the salad bar to allow students' self-selection on both sides. Promoted choices through offering a variety of colorful, and appealing fresh fruits and vegetables on the salad bar.
- ⇒ Served a Chinese meal in Chinese takeout boxes. The high school students loved it!
- ⇒ Branded the cafeteria by naming it after the school mascot, Go Panthers!
- ⇒ To entice students to take more beans, the staff started serving refried beans in a popular Tostada bowl rather than offering just a plain scoop of beans.

Results:

- ⇒ Smarter Lunchrooms Self-Assessment Score Card increased by 19 points from spring to fall 2016 creating a cafeteria that significantly nudges students to make a healthy choice.
- ⇒ Students using the salad bar are taking an additional 3.5 pounds total (or 1/3 cup per student) of romaine lettuce/fresh spinach mix daily.
- ⇒ Staff reported having a positive experience in working with students to assess and improve the meal environment.

Next Steps:

- ⇒ Conduct taste testing of new products with students.
- ⇒ Create signage with enticing photos to promote Grab and Go options.
- ⇒ Create and display eye-appealing signage in high traffic areas to promote the daily lunch menu.
- ⇒ Incorporate additional student art work as décor in the cafeteria.

Developed by Candace Garner, MS, MSU Dietetic Intern, September 2016



Montana Team Nutrition Program

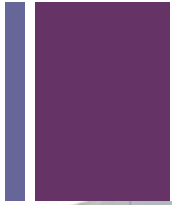
Visit www.opi.mt.gov/MTTeamNutrition

Call 406-994-5641

The USDA is an equal opportunity provider and employer.



Belgrade High School Cafeteria Makeover



Engaged “Shop Class” to Enhance the Cafeteria Atmosphere



+ Team Nutrition and SNAP Education Elementary School Partnership

Students Involvement Opportunities included:

- Assisting with Taste Tests
- Coming Up with Catchy Names and Signage
- Promoting the Salad Bar



+ Stepping into Montana's Smarter Lunchrooms



Butte School District, West Elementary School

Smarter Lunchrooms Principles Used:

1. Increase Visibility of Healthy Foods
2. Increase Convenience of Healthy Foods
3. Utilize Suggestive Selling and Signage



Contact Kurt Marthaller
Position Director of Central Services
Email marthallerkr@butte.k12.mt.us
Phone (406) 533-2590

Goals:

- ⇒ Increase the selection of fruits, vegetables, and white milk by students in the lunchroom
- ⇒ Create an inviting, colorful, pleasant atmosphere in the lunchroom
- ⇒ Promote the school meals program to students and parents

Action:

- ⇒ Offered at least two types of fruit each day and placed fruit in at least two different locations along the serving line
- ⇒ Offered whole, mixed fruit in an eye-appealing bowl at the cash register
- ⇒ Promoted white milk and all fruit and vegetable choices on the daily menu board
- ⇒ Placed the white milk in front of the chocolate milk in the milk cooler
- ⇒ Increased the visibility of the daily menu by posting a larger-sized menu in the lunchroom and the hallway
- ⇒ Added colorful posters to help students build a healthy meal

Results:

- ⇒ Smarter Lunchrooms Self-Assessment Score Card increased by 16% in two months; This created a cafeteria that is more inviting and nudges students to make a healthier choices.
- ⇒ Students selected more white milk (62% increase)
- ⇒ Students selected more fruits and vegetables (increased by 30 servings per day).

Next Steps:

- ⇒ Follow-up evaluation to determine long-term effects
- ⇒ Expand Smarter Lunchrooms strategies to Kennedy School
- ⇒ Support Smarter Lunchroom efforts with Nutrition Education in the classroom provided by the MSU Extension SNAP-Ed Program

Partnership: Butte School District, MSU Extension SNAP-Ed, Montana Team Nutrition
2016-2017 School Year



Montana Team Nutrition Program

Visit www.opi.mt.gov/MTeamNutrition

Call 406-994-5641

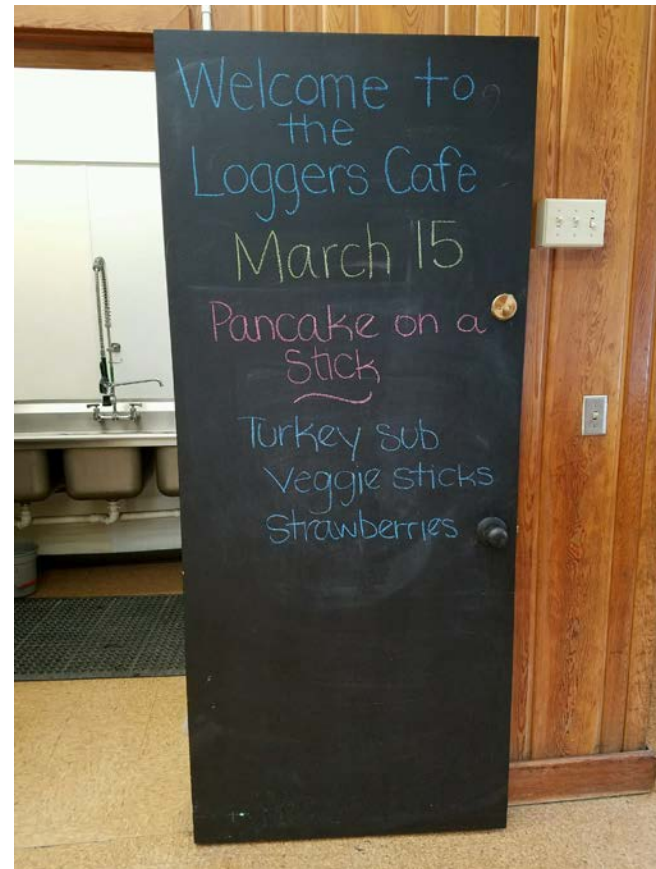
The USDA is an equal opportunity provider and employer.

+ Success Stories from Montana Lunchrooms— Libby Elementary School

BEFORE



AFTER



+ Success Stories from Montana Lunchrooms— Libby Elementary School

BEFORE



AFTER





Results of Smarter Lunchrooms at Libby Elementary School



Smarter Lunchroom Scorecard increased 23 points! 61 to 84 (27%)

Sales of white milk doubled.

Students appreciate the inviting atmosphere.

AND

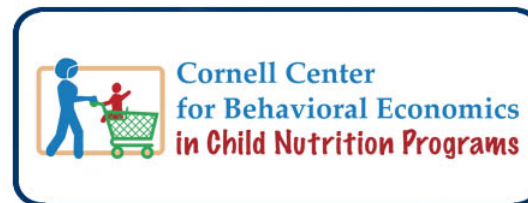
New partnerships developed with LEEP* and the School Principal which led to a recycling project. *Libby Education Enrichment Program

+ *Let's Eat: Engaging Students in Smarter Lunchrooms Guide*

Target Audiences: Middle & High School Teachers or Club Advisors

Contents:

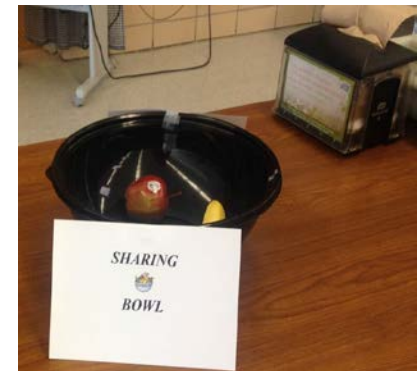
- Best practices for engaging students in the Smarter Lunchroom process through a team approach.
- Six lessons (with assessment tools) based on the Smarter Lunchroom 4 Step Process that meet educational standards for health enhancement and family and consumer science.





Montana's Smarter Lunchrooms Resources

- Montana's Smarter Lunchrooms Success Stories
- *Creating Smarter Lunchrooms in Montana High Schools* Video
- *Simple Signage* Resource Guide
- Plate Waste Protocol and Videos
- **Coming soon... September 2017**



Let's Eat: Engaging Students in Smarter Lunchrooms Guide

http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/SmarterLunchrooms.html



Montana State University

Carmen Byker Shanks, RDN, PHD



<http://www.montana.edu/food-health-lab/>

cbykershanks@montana.edu

+ MSU, Team Nutrition, & SNAP ED Partnership

**Montana Team Nutrition,
Montana State University**
www.opi.mt.gov/MTeamNutrition

Katie Bark, Director
kbark@mt.gov

Molly Stenberg, Assistant
Director
stenberg@montana.edu

**MSU Extension Nutrition
Education Programs**
Carrie Ashe, Director
carrie.ashe@montana.edu





+ Presenter



Katie Bark, RDN, LN, SNS

Project Director | MT Team Nutrition

Montana State University, Bozeman MT

(406) 994-5641

kbark@mt.gov

www.opi.mt.gov/MTeamNutrition

