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

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

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
High School Salad Bar Results

<table>
<thead>
<tr>
<th>Category</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waste Per Consumer</td>
<td>1.20 ounces</td>
<td>1.15 ounces</td>
</tr>
<tr>
<td>Ounces Eaten Per Consumer</td>
<td>4.89 ounces</td>
<td>6.30 ounces</td>
</tr>
<tr>
<td>Vegetable Selected Per Consumer</td>
<td>.63% of total on salad bar</td>
<td>.98% of total on salad bar</td>
</tr>
<tr>
<td>Total Selected Per Consumer</td>
<td>.76% of total on salad bar</td>
<td>.95% of total on salad bar</td>
</tr>
</tbody>
</table>

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.
| 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, |
| 3 | Created a smoothie bar featuring a variety of flavors and a reimbursable meal option. |
| 4 | Catchy and appealing smoothie flavors/names attract student’s attention. |
| 5 | Created eye-appealing décor along the serving line. |
| 6 | 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. |
| 7 | Added signage promoting the daily soup, local foods, daily lunch menu, and offer versus serve. |
| 8 | Fruit and vegetable baskets were placed next to the cash register. |
| 9 | A Student Nutrition Advisory Council was formed with school staff to guide the strategies to be implemented. |
| 10 | Student-designed fruit and vegetable art work was displayed in the lunchroom. |
| 11 | Food service staff were retrained on the offer versus serve option, stopped pre-plating trays, and promoted choice within fruits and vegetables. |
| 12 | Started a grab and go lunch meal station for students who don’t want to eat in the lunchroom. |
| 13 | Placing fruits, vegetables, salads and milk front and center on the a la carte line. |
| 14 | Enhanced the main line with decorative baskets and serving dishes. |
| 15 | Offered smoothies, fruit parfaits, and fresh vegetables with attractive promotional signage on the a la carte line. |
| 16 | Promoted the daily lunch menu in multiple areas with chalk board and sandwich board signage. |
| 17 | Improved ambiance with eye-appealing décor, removed clutter, and ordered colorful banners. |
| 18 | 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)
Note: Data collected from student lunch trays 3 days pre and 3 days post intervention at 5 high schools, totaling 9,943 individual observations.
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
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
Success Stories from Montana Lunchrooms—Libby Elementary School

BEFORE

AFTER

Welcome to the Loggers Cafe
March 15
Pancake on a Stick
Turkey sub
Veggie sticks
Strawberries
Success Stories from Montana Lunchrooms—Libby Elementary School
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
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