

# Michigan Team Nutrition's 2015 Smarter Lunchroom Story: Youth Engagement

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# Our Team

- ▶ Stephanie Schenkel (MDE CAFP)
- ▶ Angela Bolan (MDE)
- ▶ Katherine Alaimo (MSU)
- ▶ Whitney Vance (MDE – Health)
- ▶ Becky Henne (MSUE)
- ▶ Liz Dorman (MSUE)
- ▶ Emily Mattern (UDIM)
- ▶ Shannon Carney Oleksyk (Blue Cross Blue Shield)
- ▶ Deb Grischke (Michigan Action for Healthy Kids)



## Focus Areas:

- ▶ Smarter Lunchrooms
- ▶ Healthier School Environments
- ▶ School Breakfast Promotion
- ▶ School Gardens
- ▶ Child and Adult Care Food Program

# Why Student Involvement

- ▶ USDA's January 2016 [Plate Waste](#) and [Student Participation Reports](#):
- ▶ "involving students in menu planning and conducting taste tests, implementing Offer versus Serve at all grade levels, providing more menu choices, serving foods with familiar flavors, serve ready-to-eat fruit, and invite school staff and teachers to eat meals with students."



# Smarter Lunchrooms and Youth Engagement

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## STUDENT INVOLVEMENT

- Student artwork is displayed in the service area or dining space.
- Students, teachers, or administrators announce today's menu in daily announcements.\*
- Students are involved in the development of creative and descriptive names for menu items.\*
- Students have the opportunity to volunteer in the lunchroom.

- Students are involved in the creation of artwork or marketing materials to promote menu items.\*
- Students provide feedback (informal - "raise your hand if you like..." or formal - focus groups, surveys) to inform menu development.\*

Student Involvement Subtotal \_\_\_\_\_ of 6

[The Smarter Lunchrooms Scorecard](#)\*:

[Click here for an annotated literature review of the Scorecard](#)



# Team Nutrition Grant



## Process:

- 1) Trained MSU Extension Coaches as SL Technical Assistance Providers
  - 2) Provided funding (\$250) and TA to 100 Schools
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- ▶ 123 schools initially signed up to with coach, 23 schools withdrew
  - ▶ 100 schools worked with over either in SY 2015-16 (6) or SY 2016-17 (94).
  - ▶ 22 schools contained grades 9-12,
    - ▶ represented 10,600 students, from 22 counties in Michigan, Average Free and Reduced Price Percentage: 53% (Range 17% - 80%)

# Sub Grant Expectations and Process

## Task List:

- ▶ Join Team Nutrition <http://teamnutrition.usda.gov/team.html>
- ▶ View Production Record powerpoint presentation
- ▶ View 2 hour Smarter Lunchroom Training
- ▶ **Form student team (at least 2 students)**
- ▶ Complete the Smarter Lunchroom Scorecard Pre and Post
- ▶ Implement either all the fruit or all the vegetable Smarter Lunchroom action items.
- ▶ Take Before and after photos
- ▶ Spend \$250 in grant funding on Smarter Lunchroom-related strategies
- ▶ Submit production records pre and post changes
- ▶ Success Story submitted

# The Story - Power of Students



<https://vimeo.com/225857557/260c341779>



# Loyola High School Smarter Lunchroom Program

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- The principal requested entire lunchroom be improved with quotations of inspiration and pictures throughout.
- He saw the pride in students as they entered each day and said, "Wow!" "Who did that?"
- Salad bar added.

Success story submitted by Ms. Kathryn Gross; [ms.kgross@gmail.com](mailto:ms.kgross@gmail.com)





# Ottawa Hills High School, Grand Rapids, MI



**The Farmers Market Way**

Success story submitted by Foodservice Supervisor:  
Erin Webley, MA, RD, [webleye@grpa.org](mailto:webleye@grpa.org)



# Manistee Middle/High School



Students:

- "I'm more likely to go to the salad bar now,"
- "It makes it look nice and "THERE'S STRAWBERRIES!"

Adults:

- "I think more kids go to the salad bar now *because of the changes.*"

Keri Carlson, MAPS Food Service Director, [kcarlson@manistee.org](mailto:kcarlson@manistee.org)  
Caitlin Lorenc, MSUE Program Instructor, [lorencca@anr.msu.edu](mailto:lorencca@anr.msu.edu)



# Greatest achievement resulting from working with students

- ▶ Their perspective - they noticed things that I didn't
- ▶ FS willing to offer an entrée again because of feedback.
- ▶ Helping students realize they have a voice.
- ▶ Seeing positive changes made from student input.
- ▶ Seeing enthusiasm and willingness to provide input
- ▶ Seeing things that the staff overlook everyday.



# What could be done to make working with students even more effective

- ▶ Select specific students.
- ▶ Meet with students as a group and individually in the cafeteria during lunch.
- ▶ Meet with Student Council.
- ▶ Survey students outside of the assessment.
- ▶ Allow more time together.
- ▶ Begin working with students as soon as possible.
- ▶ Provide incentives for students.

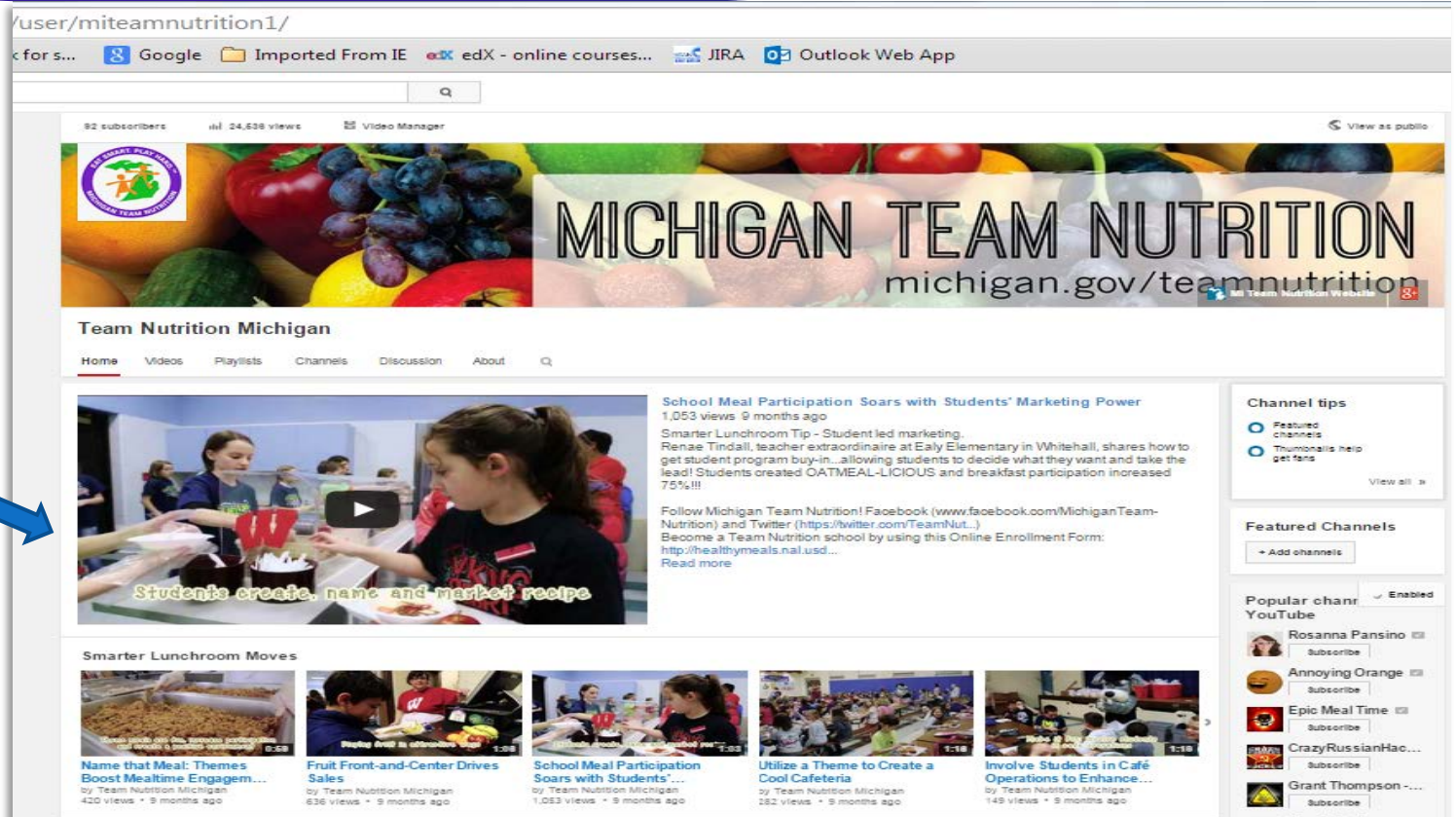
# Final Thoughts

- ▶ Without student input, a change may not be viewed as positive and sales and input may decrease.
- ▶ Student involvement gets students excited and encourage them to embrace health and nutrition.
- ▶ Students like feeling that their ideas matter. As adults, we make changes based upon what we see, but students know what other students see/want. I think they understand it better to some degree.
- ▶ Having student cafeteria champions is a great way to see opinions of the cafeteria change for the better.

# Success Stories & Social Media

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- ▶ Google "Michigan Team Nutrition Youtube"
- ▶ Click on "Smarter Lunchroom Moves"
- ▶ Twitter @TeamNutritionMi
- ▶ Facebook



- ▶ <https://www.youtube.com/user/miteamnutrition1>



# Join The Conversation

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<https://www.youtube.com/user/miteamnutrition1>



<https://www.facebook.com/MichiganTeamNutrition>



<https://twitter.com/teamnutritionmi>

Pictures: Top - Unknown; Bottom - Waterford Public Schools