

Smarter Lunchrooms in Iowa



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Team Nutrition Co-Director

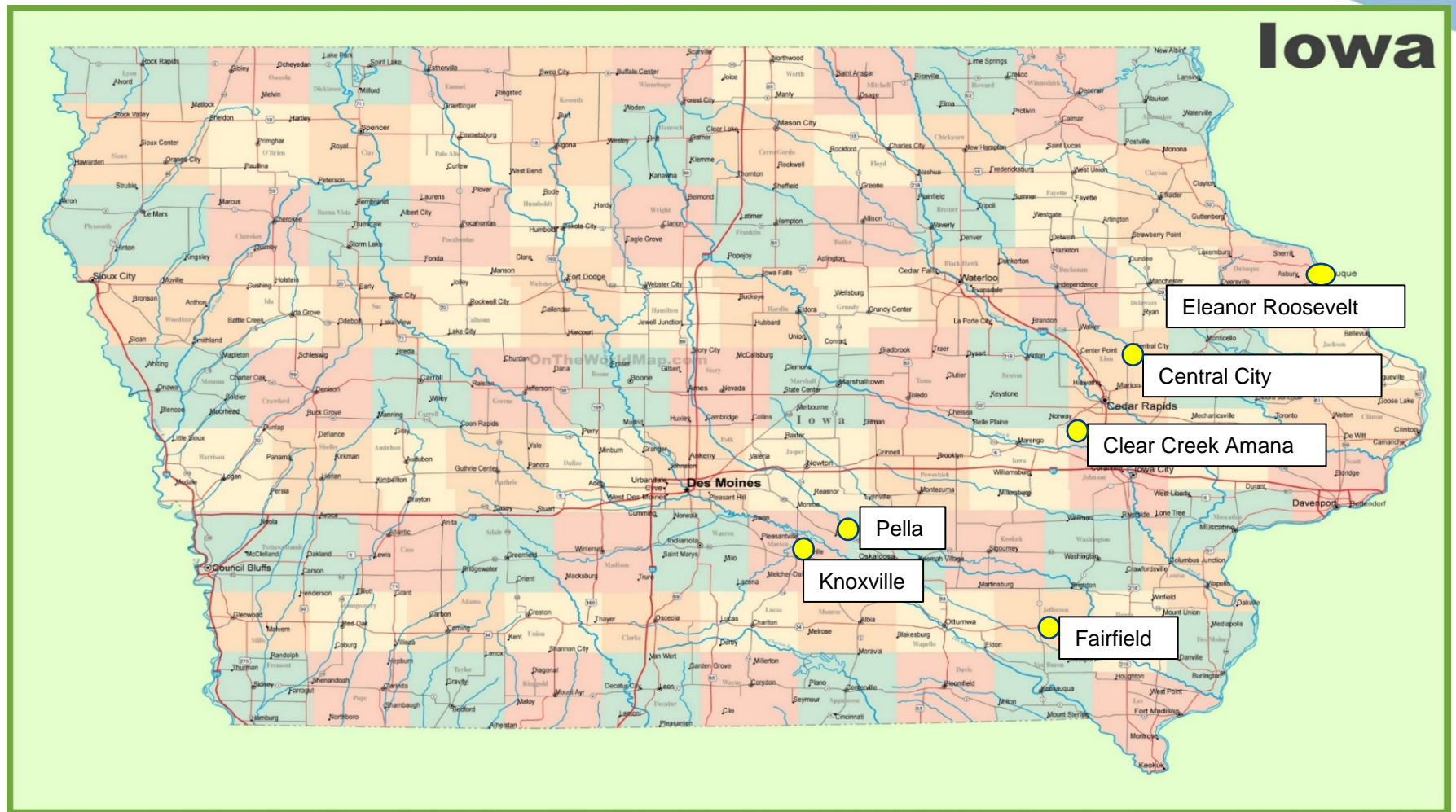


Iowa Team Nutrition Grant

- TN 2015 Grant
- University of Iowa
 - *Natoshia Askelson*
 - *Patrick Brady*
 - *Grace Ryan*
- Low cost changes to lunchroom
- Increase communication between students and staff



6 Middle School Project Sites



Project Activities

- School Visits
 - Relationship Building
 - Smarter Lunchrooms 101
 - Student Assessment Tool
 - Identified Areas of Change
- Students and FS Staff Meetings
 - What to Change
 - School Meal Planning Activity
 - Student Survey Activity

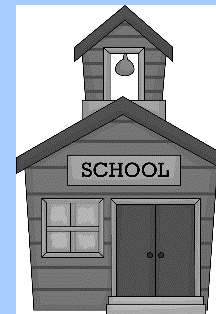




Question	Do you see this in your school? Circle one response	Did you take a picture of this? Check the box when you have	Anything else you want us to know?
You are encouraged to drink white milk by signs or posters in your school.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
When you walk up to the milk cooler, white milk is the first thing you see.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
You can pick from at least two vegetable choices, when you buy lunch.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
When you look at the raw vegetables, they look fresh.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
There are whole fruits that you can buy when you pay for lunch. Whole fruits are things like apples, oranges, or pears.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
You can choose from at least two types of fruit daily.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
Whole fruits are displayed in colorful bins or bowls.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
At least one fruit option is available near the register.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
Foods on the menu have fun names. Some names could be Hawkeye Hamburgers or Cyclone Carrots.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
The lunchroom is a fun place to hang out in.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
There are signs and posters on the walls showing healthy foods.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
You know what you can buy for lunch each day. It's on menus hanging in the lunchroom and around the school.	Always Sometimes Never	<input type="checkbox"/> Yes we took a picture	
The school lunch staff smiles and says hello to you in the lunch line.	Always Sometimes Never	You do not need to take a picture for this question	
The school lunch staff asks politely if you would like a fruit or vegetables.	Always Sometimes Never	You do not need to take a picture for this question	

I.O.W.A. Tool Results

Overall Improvements



5 Schools Improved

1 School Remained
the Same



Results



	% of schools with improved scores (n)
Staff Interactions	50% (3 out of 6)
Atmosphere	66.7% (4 out of 6)
Milk	66.7% (4 out of 6)
Vegetables	66.7% (4 out of 6)
Fruit	100% (6 out of 6)

Production Records

Date: _____

School: _____

Offer Versus Serve? Yes _____ No _____

Grades: _____

Seconds/A la Carte? Yes _____ No _____

Iowa Lunchroom Food Production Record

Fill in green section from menu before food service.

Fill in Blue section after food service.

Meal Counts

Grade Group	Planned	Actual
6-8		
Adults		
Total		

Menu: Vegetables: DG, RO, BP (legumes), S, O -- Identify in Component Column	Component Contribution	Recipe No. or Brand & Product Code	Quantity Prep (# of servings, pounds, cans)	Grades: 6-8		Adults/ a la carte:		Total			
				Serving Size	Planned Servings	Serving Size	Planned Servings	Amount Prepared	Seconds/ a la Carte Sold	Leftovers (use same measure as Quantiy Prep)	Comments
Menu: Fruits	Component Contribution	Recipe No. or Brand & Product Code	Quantity Prep (# of servings, count, pounds or cans)	Grades: 6-8		Adults/ a la carte:		Total			
				Serving Size	Planned Servings	Serving Size	Planned Servings	Amount Prepared	Seconds/ a la Carte Sold	Leftovers (use same measure as Quantiy Prep)	Comments
	F										
	F										
	F										
Menu: Milk	Component Contribution	Recipe No. or Brand & Product Code	Quantity Prep (number of full crates multiplied by 50 + number of cartons in not full crates)	Grades: 6-8		Adults/ a la carte:		Total			
				Serving Size	Planned Servings	Serving Size	Planned Servings	Amount Prepared	Seconds/ a la Carte Sold	Leftovers (use same measure as Quantiy Prep)	Comments
1% white	D			8 oz		8 oz					
Skim white	D			8 oz		8 oz					
Skim Chocolate	D			8 oz		8 oz					

Production Records Results



2 schools increased fruit



3 schools increased vegetables

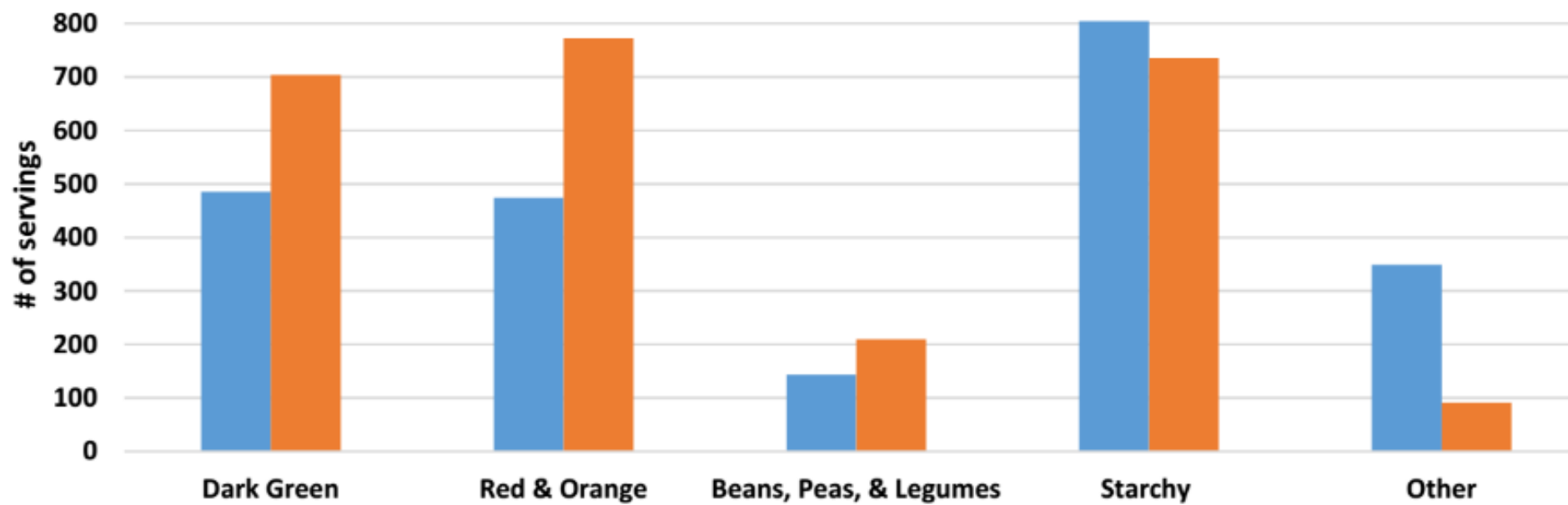


4 schools increased milk



Vegetable Subgroups

Fall
Spring



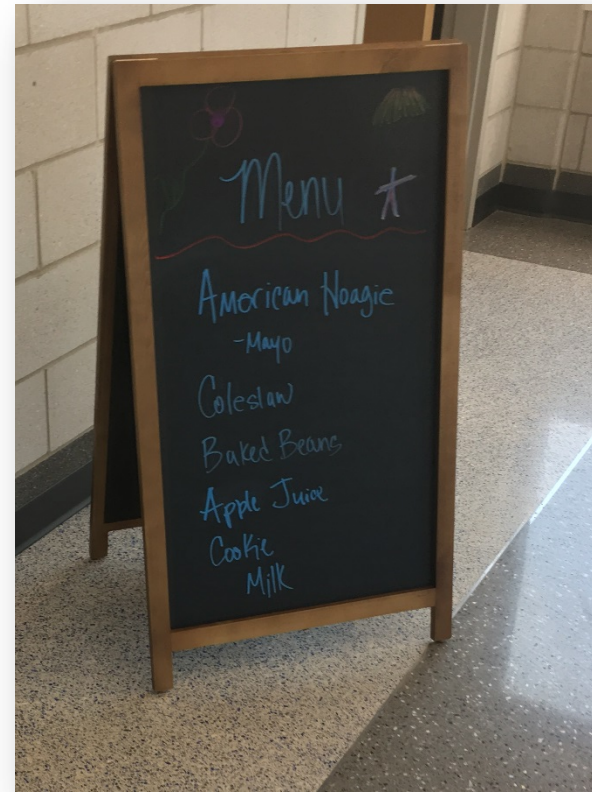
What Do the Changes Look Like?



New Signage



Menu Board!



Placement of Unflavored Milk!



Fruit Display



Making Fruit & Vegetables Attractive!



Making Fruit & Vegetables Attractive!



Surveys

- Students, Parents and Food Service Staff
 - Perception of lunchroom, food, and staff
 - Low response rate
- Lessons Learned
 - Part of a class vs. blast e-mail
 - Focus groups a better option





Interviews with Food Service

“Getting to work closely with this particular group of kids was really fun. They're very **outgoing** and they have **a lot of opinions** and a lot of **ideas**. Their enthusiasm was just, **it was SO fun**. And to see them interact with my staff was even more fun. Because they now have a relationship between the two”

“I enjoyed the **interaction** that our **staff had with the students**”

“The **best part** of it that worked was **the student involvement**...Just, all the ideas and the interaction with the students.

Staff Signage



Project Takeaways

- Involve students!
- Plan ahead
- Focus Groups vs. Surveys

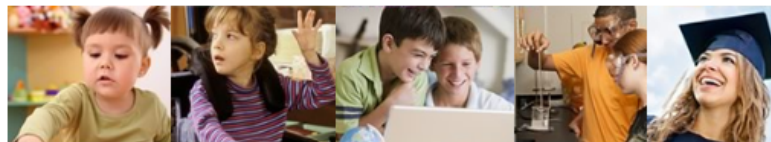


Simple changes in your lunchroom can make a difference in students healthy choices!



IOWA

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Smarter Lunchrooms

[Smarter Lunchrooms Movement](#) - Evidence-based, simple, low and no-cost changes to lunchrooms which can improve school meal participation and profits while decreasing waste. These resources can help schools evaluate their lunchroom, determine the things they are doing well, and identify areas of opportunity for improvement.

- [Smarter Lunchroom Self-Assessment Scorecard](#) - Complete this scorecard by checking the boxes which are true for your cafeteria or school. The boxes which are not checked are areas of opportunity for you to consider implementing in the future. We recommend completing this checklist annually to measure your improvements.
- [Creating Smarter Lunchroom FREE On-Line Course](#) - Great introduction to behavioral economic theory and application. Provides two continuing education credits from the School Nutrition Association.

Contact(s)

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Smarter Lunchroom Projects with the University of Iowa: Students and child nutrition staff were engaged through a collaborative process to assess their lunchrooms to make the healthy choice the easy choice.

- **Project with 6 Iowa Middle Schools (2016-17):** Understanding the level of influence child nutrition staff have on student food choices in the meal line by engaging students in lunchroom assessments, surveys, and communication cues.
 - [Staff Training Webinars](#)

www.educateiowa.gov “Smarter Lunchrooms”



engage with students. Staff can interact with students to help them make the healthy choice, by “suggesting they try the vegetable” or “asking how their morning has been”.

- **Project with 5 High Schools (2015-16):** There is a difference between what students perceive is available on the meal line and what adults see. Engaging students in the Smarter Lunchroom process is key to making needed changes to satisfy student taste preferences.
 - [Infographic Showcasing Project Results](#)
 - [Student Survey Tool](#)

Webinars

- Think Like a Middle School Student (21 minutes)
- Promoting Healthy Eating (15 minutes)
- What do to Next (15 minutes)



Iowa Department of Education

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Healthy Schools Healthy Students



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