

Smarter Lunchroom Solutions

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Summer 2015



Overview

- Smarter Lunchroom Solutions
- Lunch Line Redesign Activity
- HealthierUS School Challenge
- Specific Criteria for Award Levels
- Q&A

Why create a Smarter Lunchroom?

- Smarter Lunchrooms use simple, low-cost and no-cost changes to the lunchroom environment to get students to take and eat more healthy foods
- Healthier eating is associated with improvements to health, morale and even academics
- Greater participation in the NLSP results in more reimbursable meals and increased revenue for lunchrooms

Research-Backed Results

- Research by Cornell University professor Dr. Brian Wansink has shown that simple changes such as relocating fruit, renaming vegetables, and prompting students to enjoy healthy foods increases sales of target items, sometimes by more than 100%!

Video Clips

- Smarter Lunchroom Makeover
 - https://www.youtube.com/watch?v=OK6Pe_YhGVM
- What Would McDonald's Do?
 - <https://www.youtube.com/watch?v=EXK6yIm7aIA>
- Fruit Front-and-Center Drives
 - Saleshttps://www.youtube.com/watch?v=_A1MpI6LhI

Customizable Interventions

- Mix and Match interventions to create a **customized makeover** that works for each individual school
- Interventions are **simple and inexpensive**, costing \$0-50 total
- **Any** lunchroom can be improved

Change:

Result:

Move the Fruit: place fruits near cash registers

Increase in fruit intake by as much as 70%

Surprising Salad: introduce a salad bar into the cafeteria

Increase reimbursable lunch participation by 21%

You Choose Veggies: offer students a choice of at least 2 options

Can increase consumption by as much as 91%

Cash for Desserts: require students to pay cash for unhealthy items like desserts and sodas

Increased sales of nutritious foods and decreased sales of less nutritious foods

Smarter Lunchroom Techniques Handouts

- Smarter Lunchroom Self-Assessment Scorecard
- “How?” The Smarter Lunchroom Movement steers students to better choices by making no-cost changes to the cafeteria environment.

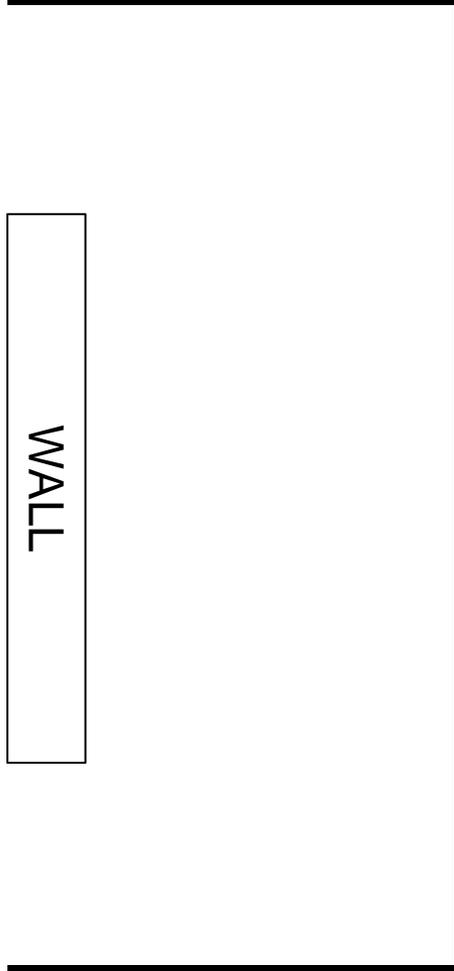
Lunch Line Redesign Activity

- Split up into 3 groups
- Using the blank cafeteria on the next slide, discuss and design your cafeteria to implement as many Smarter Lunchroom techniques as you can!

DOOR

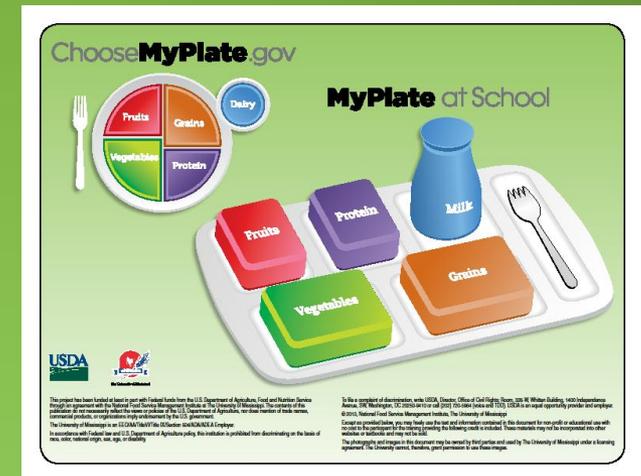
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WALL



HealthierUS School Challenge: Smarter Lunchrooms

- Voluntary recognition award
- Excellence in nutrition and physical activity
- Reinforce *Dietary Guidelines for Americans*



Prestige and Positive Relations

- Local, state, national recognition
- Demonstrate commitment to the improvement of school health



Financial Incentives

\$2,000 for
Gold
Award of
Distinction

\$1,500 for
Gold
Award

\$1,000 for
Silver
Award

\$500 for
Bronze
Award

HUSSC: SL Award Monies

- Nonprofit school nutrition account
- Allowable expenses
- Option to apply for higher level after one year
- Maintain award standards for four years

School Assessment

- One school or multiple schools
- Select award level that works for school
- Schools may apply for different awards levels

HUSSC:SL Basic Criteria

- Team Nutrition School
- Participate in School Breakfast Program and National School Lunch Program
- Must be 6 cent certified
- Average Daily Participation (ADP)
- Must meet Smart Snacks in School Nutrition Standards
- Nutrition Education
- Physical Education (PE)

HUSSC:SL Basic Criteria, Con't.

- Physical Activity
- Local School Wellness Policy
- Other Criteria for Excellence

How to become a Team Nutrition School – www.fns.usda.gov/tn/team-nutrition

The screenshot shows the USDA Food and Nutrition Service website. At the top left is the USDA logo and the text "United States Department of Agriculture Food and Nutrition Service". To the right are navigation links: "About FNS", "Ask the Expert", "Contact Us", "Other Languages", and "En Español". Below this is a search bar with a "Search" button. A secondary navigation bar contains "Programs", "Data", "Newsroom", "Research", and "Forms". On the right side, there are links for "Site Map", "Advanced Search", "Help", "Search Tips", and "A to Z Map", along with social media icons for Facebook, Twitter, YouTube, Email, Flickr, and RSS. The main content area is titled "Team Nutrition" and includes a "Print" button. On the left, there are two sections: "How To Apply" with a link to "Become a TN School", and "Popular Topics" with links to "HealthierUS Schools", "Local Wellness Policy", "Training Grants", "Resource Library", "Graphics Library", "MyPlate", and "Resource Order Form". Below these is "Other Useful Links" with links to "Healthy Meals Resource System", "Healthy Access Locator", "Best Practices Sharing Center", and "School Day Just Got Healthier". The main content area features a large photo of children in a garden with a sign that says "EAT VEGGIES!". Below the photo is the Team Nutrition logo and a paragraph describing the initiative: "Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity." At the bottom of the page is a "Spotlights" section.

USDA United States Department of Agriculture
Food and Nutrition Service

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Team Nutrition

Print

How To Apply

- > Become a TN School

Popular Topics

- > HealthierUS Schools
- > Local Wellness Policy
- > Training Grants
- > Resource Library
- > Graphics Library
- > MyPlate
- > Resource Order Form

Other Useful Links

- > Healthy Meals Resource System
- > Healthy Access Locator
- > Best Practices Sharing Center
- > School Day Just Got Healthier

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Spotlights

School Meals Programs

- Building must participate in School Breakfast Program and National School Lunch Program

6 Cent Certification

- LEA must be certified to receive the additional 6 cents per meal reimbursement.
 - Only 1 LEA remains not certified in Missouri.

Breakfast Average Daily Participation

- Average Daily participation (ADP) calculated based on attendance
- Elementary/Middle School
 - Bronze: No ADP requirement
 - Silver: 20%
 - Gold: 35%
 - Gold Award of Distinction: 35%
- High School
 - Bronze: No ADP requirement
 - Silver: 15%
 - Gold: 25%
 - Gold Award of Distinction: 25%

Lunch Average Daily Participation

- Average Daily participation (ADP) calculated based on attendance
- Elementary/Middle School
 - Bronze: No ADP requirement
 - Silver: 60%
 - Gold: 75%
 - Gold Award of Distinction: 75%
- High School
 - Bronze: No ADP requirement
 - Silver: 45%
 - Gold: 65%
 - Gold Award of Distinction: 65%

Smart Snacks Criteria

- All Award Levels
 - Must meet Smart Snacks in School Nutrition Standards. All foods and beverages sold to students during the school day meet or exceed the USDA's nutrition standards for all foods and beverages sold to students.
 - Includes a la carte, vending, school stores, snack or food carts, etc.

Nutrition Education

- Requirements for all grade levels
 - All award levels:
 - Full-day students
 - Dietary Guidelines for Americans
 - Incorporates Team Nutrition curricula
 - Multiple channels of communication (i.e., classroom, cafeteria, home/parents)

Physical Education

- Structured PE must be provided
 - Varies in criteria by elementary, middle and high school

Physical Activity



- Daily opportunities for unstructured physical activity
- School demonstrates a commitment to neither deny nor require physical activity as a means of punishment

Local Wellness Policy

- Commitment not to use food as a reward
- Include copy of local wellness policy
- Documentation
 - Three ways school is working to meet wellness policy goals
 - Description how parents, students, school administrators, community are involved

Other Criteria for Excellence

Bronze
2 of the 14
Options

Silver
4 of the 14
Options

14 Options

Gold
6 of the 14
Options

Gold Award of Distinction
8 of the 14
Options (in more than 1
excellence area)

HUSSC Smarter Lunchrooms

- Six areas defined in the Self Assessment Scorecard
- Documentation- completed scorecard, brief summary, two-three pictures
- Award level
 - Bronze: 30 action items
 - Silver/Gold: 50 action items
 - Gold Award of Distinction: 70 action items

Support School Improvement Plans

- **Support school-wide wellness initiatives** required by the Healthy, Hunger-Free Kids Act
- **Strengthen school ties to homes and community** by involving parents, local business, and civic groups
- **Get positive press** for improving student and staff wellness

FREE Resources and Support

- HUSSC tab on DESE FNS website and how to apply
- USDA HUSSC website
- Smarterlunchrooms.org has free customizable signs, training and teaching materials, testimonials

HealthierUS School Challenge

[Home](#) » [Financial & Admin. Services](#) » [Food & Nutrition Services](#)

The HealthierUS School Challenge (HUSSC) is a voluntary initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity. In October 2009, USDA announced the expansion of HealthierUS School Challenge to include secondary schools. Team Nutrition schools can apply for one of the four award levels: Bronze, Silver, Gold or Gold of Distinction.

- [Missouri award winners](#)
- [USDA HealthierUS School Challenge website](#)

To qualify, schools must meet nutrition standards, minimum average daily participation levels, and nutrition education and physical activity requirements.

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How to Apply

- > [Join Team Nutrition](#)
- > [Application Materials](#)

Browse By Subject

- > [Vision](#)
- > [Promotional Materials](#)
- > [Training and Assistance](#)
- > [Award Winning Schools](#)
- > [Tips for Award Winners](#)

Other Useful Links

- > [Smart Snacks Product Calculator](#)
- > [Healthy Access Locator](#)
- > [Healthy Meals Resource System](#)
- > [Chefs Move to Schools](#)

HUSSC

Missouri Award Winners

Recognizing Excellence in Nutrition and Physical Activity

HUSSC: SL Awards

Lee's Summit R-7 School District (5/15 - 5/19)

- Cedar Creek Elementary School (Bronze)
- Greenwood Elementary School (Bronze)
- Hawthorne Hill Elementary School (Bronze)
- Hazel Grove Elementary School (Bronze)
- Highland Park Elementary School (Bronze)
- Lee's Summit Elementary School (Bronze)
- Longview Farms Elementary School (Bronze)
- Meadow Lane Elementary School (Bronze)
- Pleasant Lea Elementary School (Bronze)
- Prairie View Elementary School (Bronze)
- Richardson Elementary School (Bronze)
- Summit Pointe Elementary School (Bronze)
- Sunset Valley Elementary School (Bronze)
- Trailridge Elementary School (Bronze)
- Underwood Elementary School (Bronze)
- Westview Elementary School (Bronze)
- Woodland Elementary School (Bronze)

Monetary Incentives – New Process

- When LEAs receive notice of meeting the HUSSC:SL Challenge
 - Email should be sent to LEA Contact Person
 - HUSSC Monetary Incentive Form attached to email
 - Requires Banking information
 - Submit back to USDA
 - USDA updates in system
 - Email sent to Food Service Director and Financial Manager

- Once Fund Officer submits for payment should only take 10 working days.
- Money will go to Financial Manager

Plaques and Banners

- Schools receive:
 - Banner indicating the level of their award
 - Plaque with school name and award level
- These are to be displayed to show your meeting the HUSSC:SL challenge

Take the Challenge!

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Application Materials

Recognizing Excellence in Nutrition and Physical Activity



How to Apply

- > Join Team Nutrition
- > Application Materials

Browse By Subject

- > Vision
- > Promotional Materials
- > Training and Assistance
- > Award Winning Schools
- > Tips for Award Winners

Other Useful Links

- > Smart Snacks Product Calculator
- > Healthy Access Locator
- > Healthy Meals Resource System
- > Chefs Move to Schools

HealthierUS School Challenge: Smarter Lunchrooms is open to all schools participating in the [National School Lunch Program](#) and [School Breakfast Program](#). We recognize that changing the school nutrition environment takes time and celebrate both the gradual changes and big successes of schools working diligently to help children eat more healthfully and be more physically active. Schools can submit an application at any time during the year for a Bronze, Silver, Gold or Gold of Distinction level award.

Contact Us

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Phone: 573-751-1972

www.dese.mo.gov/financial-admin-services/food-nutrition-services



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