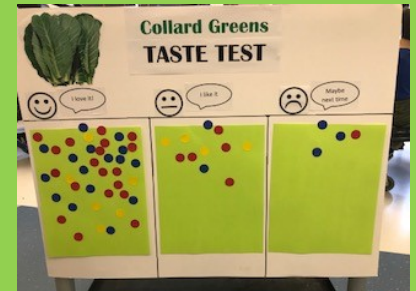


HEALTHY SCHOOL ENVIRONMENTS

Success Story Smarter Lunchrooms Club Boulevard



Background

Students need a school environment with access to healthy choices in order to thrive. Durham's Innovative Nutrition Program (DINE) partners with schools to make the healthy choice the easy choice for students at school in the classroom, cafeteria, playground and beyond.

Challenge— Increasing healthy food consumption

Childhood obesity is a serious problem in North Carolina and the United States. When children are overweight or obese they are more likely to develop chronic diseases as adults. Eating a balanced diet, based on the Dietary Guidelines for Americans, is important to achieve and maintain a healthy weight.

The school cafeteria is a great place to focus on supporting student wellness since balanced meals are served there every day. The **Smarter Lunchrooms Movement** provides research-backed strategies to help cafeterias increase enthusiasm about healthy eating and nudge children toward making good food choices.

Solution

Club Boulevard Elementary School was up to the challenge and implemented Smarter Lunchrooms this year. Based on the results of the scorecard, they chose to focus on trying to get kids to eat more vegetables.

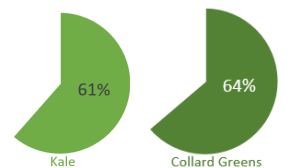
Two main strategies were chosen:

1. Highlight a vegetable of the day/week with signage.
2. Conduct at least one vegetable taste test.

Data on vegetable consumption was collected via pre/post tray waste study on one randomly selected vegetable.

Results

- Over **60%** of students reported "love it!" for both the **kale** and **collard greens** taste tests!



- There was an **11.5%** decrease in tray **waste** due to students **eating more**/throwing away less **baby carrots**!



- Implemented Smarter Lunchroom Strategies resulting in an **increase in 10 points** and earning a **SILVER** award!



Public Health

This material was funded by USDA's Supplemental Nutrition Assistance Program.

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