

# + Stepping into Montana's Smarter Lunchrooms



## Livingston School District, Park High School

### Smarter Lunchrooms Principles Used:

1. Increase visibility
2. Increase convenience
3. Increase taste expectations



**Contact** Michelle Carter  
**Position** Food Service Director  
**Email** Michele.carter@livingston.k12.mt.us  
**Phone** 406-222-0209

### Goals:

- ⇒ Increase participation of high school students in school lunch program.
- ⇒ Increase intake of fruits and vegetables.
- ⇒ Decrease food waste.
- ⇒ Create a positive working relationship among students and food service staff to improve acceptance and support of menu items and school lunch program.

### Action:

- ⇒ Repositioned the salad bar to be the first station in the service line.
- ⇒ Added signage promoting the daily soup, local foods, daily lunch menu, and offer versus serve.
- ⇒ Fruit and vegetable baskets were placed next to the cash register.
- ⇒ A Student Nutrition Advisory Council was formed with school staff to guide the strategies to be implemented.
- ⇒ Student-designed fruit and vegetable art work was displayed in the lunch room.
- ⇒ Food service staff were retrained on the offer versus serve option, stopped pre-plating trays, and promoted choice within fruits and vegetables.

### Results:

- ⇒ Student's consumption of salad bar items doubled.
- ⇒ Overall salad bar waste decreased 40 percent.
- ⇒ Hot lunch plate waste decreased 35 percent.
- ⇒ Increased Smarter Lunchrooms Self-Assessment Score by 27 points.
- ⇒ Food service staff is very receptive to student ideas and implemented changes quickly.

### Next Steps:

- ⇒ May offer an eye-appealing bundled reimbursable meal option at a la carte.
- ⇒ Experiment with offering grab and go meals for students wanting to eat outside the cafeteria.
- ⇒ Add a suggestions box in cafeteria to receive feedback from students and continue collaborations between students and staff.

## Montana Team Nutrition Program

Visit [www.opi.mt.gov/MTeamNutrition](http://www.opi.mt.gov/MTeamNutrition)

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