Stepping into Montana’s Smarter Lunchrooms

Billings School District #2, Skyview High School

Smarter Lunchrooms Principles Used:
1. Increase visibility
2. Increase convenience
3. Suggestive selling
4. Increase taste expectations

Goals:
⇒ Nudge healthier choices by students in the lunchroom.
⇒ Increase intake of fruits and vegetables while decreasing food waste.
⇒ Engage students in the school meals programs.

Action:
⇒ Created a restaurant-style salad bar to offer more fruit and vegetable choices.
⇒ Created a smoothie bar featuring a variety of flavors and a reimbursable meal option. Catchy and appealing smoothie flavors/names attract student’s attention.
⇒ Created eye-appealing décor along the serving line.
⇒ Redesigned the lunchroom room for a more efficient flow pattern. Created a faster service line in a separate corner of the cafeteria and moved the custom sandwich cart to improve access.
⇒ Formed a School Lunch Action Committee (several students, school food service staff, and Family Consumer Science teachers) who made recommendations, provided essential feedback, and suggestions for the lunchroom.

Results:
⇒ Number of students using the salad bar increased by 16 percent.
⇒ Smoothie bar provides a refreshing menu choice to 50+ students daily.
⇒ Smarter Lunchrooms Self-Assessment Score increased by six points.

Next Steps:
⇒ Use a share table to decrease waste of whole fruits and unopened milk cartons.
⇒ Conduct a student satisfaction survey on the school lunch program.
⇒ Improve lunchroom atmosphere by repainting the dining/commons area and display student artwork.
⇒ Expand Smarter Lunchrooms strategies to other schools in the district.

New Item!!! Have a Smoothie @ Lunch

Every day — Berry Palooza
(Smoothie made with Strawberries)

Monday — Whim-Wham
(Smoothie made with Fruit Mix or Pears)

Tuesday — Blues Blaster
(Smoothie with Blueberries)

Wednesday — Humdinger
(Smoothie made with Mandarin Oranges)

Thursday — Veggie Vault
(Smoothie made with Carrots)

Friday — Just Peachy
(Smoothie made with Peaches)

Contact
Position
Email
Phone
Sandy Bettise
Food Service Manager Secondary Prog.
Sandra.Bettise@sodexo.com
406-281-5881

Montana Team Nutrition Program
Visit  www.opi.mt.gov/MTeamNutrition
Call  406-994-5641

The USDA is an equal opportunity provider and employer.