

Smarter Lunchrooms Annotated Scorecard

Lit Review – January 2017

Focus on Fruit:

- **At least two kinds of fruit are offered.**
 - Serving a variety of vegetables and fruit as a snack increased intake in preschool children
 - Roe, L. S., Meengs, J. S., Birch, L. L., & Rolls, B. J. (2013). Serving a variety of vegetables and fruit as a snack increased intake in preschool children. *The American journal of clinical nutrition*, 98(3), 693-699.
 - Hakim, S. M. and G. Meissen. (2013) “Increasing Consumption of Fruits and Vegetables in the School Cafeteria: The Influence of Active Choice.” *Journal of Health Care for the Poor and Underserved*, 24(2): 145-157.
- **Sliced or cut fruit is offered.**
 - Pre-Sliced Fruit in School Cafeterias: Children's Selection and Intake
 - Wansink, B., Just, D. R., Hanks, A. S., & Smith, L. E. (2013). Pre-sliced fruit in school cafeterias: children's selection and intake. *American journal of preventive medicine*, 44(5), 477-480.
 - Promoting consumption of fruit in elementary school cafeterias. The effects of slicing apples and oranges
 - Swanson, M., Branscum, A., & Nakayima, P. J. (2009). Promoting consumption of fruit in elementary school cafeterias. The effects of slicing apples and oranges. *Appetite*, 53(2), 264-267.
 - Rhee K. Childhood overweight and the relationship between parent behaviors, parenting style, and family functioning. *Ann Am Acad Pol Soc Sci* 2008; 615:12-37.
 - Baranowski T, Cullen KW, Baranowski J. Psychosocial correlates of dietary intake: advancing dietary intervention. *Annu Rev Nutr*. 1999; 19:17- 40.
 - Jansen E, Mulkens E, Jansen A. How to promote fruit consumption in children. Visual appeal versus restriction. *Appetite* 2010; 54:599 - 602.
- **A variety of mixed whole fruits are displayed in nice bowls or baskets (instead of stainless steel pans).**
 - How to promote fruit consumption in children. Visual appeal versus restriction
 - Jansen, E., Mulkens, S., & Jansen, A. (2010). How to promote fruit consumption in children. Visual appeal versus restriction. *Appetite*, 54(3), 599-602.



- Neumark-Sztainer, D., Story, M., Perry, C., Casey, M. A. (1999) "Factors influencing food choices of adolescents: Findings from focus-group discussions with adolescents." *Journal of the American Dietetic Association*, 99.8: 929-937.
- Jeffery, R.W., French, S.A., Raether, C. and J.E. Baxter. (1994) "An Environmental Intervention to Increase Fruit and Salad Purchases in a Cafeteria." *Journal of Preventative Medicine*, 23(6): 788-792.
- Perry, C.L., Bishop, D.B., Taylor, G.L., Davis, M., Story, M., Gray, C., Bishop, S.C., Warren Mays, R.A., Lytle, L.A. and L. Harnack. (2004) "A Randomized School Trial of Environmental Strategies to Encourage Fruit and Vegetable Consumption Among Children." *Health Education & Behavior*, 31(1): 65-76.
- **Fruit is offered in at least two locations on all service lines, one of which is right before each POS.**
 - Determinants of fruit and vegetable consumption among 6-12-year-old children and effective interventions to increase consumption
 - Blanchette, L., & Brug, J. (2005). Determinants of fruit and vegetable consumption among 6-12-year-old children and effective interventions to increase consumption. *Journal of human nutrition and dietetics*, 18(6), 431-443.
 - Influencing healthful food choices in school and home environments: Results from the TEENS study
 - Lytle, L. A., Kubik, M. Y., Perry, C., Story, M., Birnbaum, A. S., & Murray, D. M. (2006). Influencing healthful food choices in school and home environments: results from the TEENS study. *Preventive medicine*, 43(1), 8-13.
 - Cardenas, M. K., Bensiger, C. P., Pillay, T. D. and J.J. Miranda. (2014) "The effect of changes in visibility and price on fruit purchasing at a university cafeteria in Lima, Peru." *Journal of Public Health Nutrition*: 1-8. doi: 10.1017/S1368980014002730
- **At least one fruit is identified as the featured fruit-of-the-day and is labeled with a creative, descriptive name at the point of selection.**
 - What would Batman eat?: priming children to make healthier fast food choices
 - Wansink, B., Shimizu, M., & Camps, G. (2012). What would Batman eat?: priming children to make healthier fast food choices. *Pediatric obesity*, 7(2), 121-123.
 - Can branding improve school lunches?
 - Wansink, B., Just, D. R., & Payne, C. R. (2012). Can branding improve school lunches?. *Archives of pediatrics & adolescent medicine*, 166(10), 967-968.
 - Kesek A, Cunningham WA, Packer DJ, Zelazo PD. Indirect goal priming is more powerful than explicit instruction in children. *Developmental Sci* 2011; 14: 944-948.



- Wansink, Brian, David Just, Collin Payne, and Matthew Klinger (2012). “Names Sustain increased Vegetable Intake in Schools.” *Preventative Medicine* 55(4): 330-332, doi:10.1016/j.ypmed.2012.07.012
- **A fruit taste test is offered at least once a year.**
 - A Garden Pilot Project Enhances Fruit and Vegetable Consumption among Children
 - Heim, S., Stang, J., & Ireland, M. (2009). A garden pilot project enhances fruit and vegetable consumption among children. *Journal of the American Dietetic Association*, 109(7), 1220-1226.
 - Parent food purchases as a measure of exposure and preschool-aged children's willingness to identify and taste fruit and vegetables
 - Busick, D. B., Brooks, J., Pernecky, S., Dawson, R., & Petzoldt, J. (2008). Parent food purchases as a measure of exposure and preschool-aged children's willingness to identify and taste fruit and vegetables. *Appetite*, 51(3), 468-473.

Vegetable Variety:

- **At least two kinds of vegetables are offered.**
 - Vegetable variety: an effective strategy to increase vegetable choice in children
 - Bucher, T., Siegrist, M., & van der Horst, K. (2014). Vegetable variety: an effective strategy to increase vegetable choice in children. *Public health nutrition*, 17(6), 1232-1236.
 - Hakim, S. M. and G. Meissen. (2013) “Increasing Consumption of Fruits and Vegetables in the School Cafeteria: The Influence of Active Choice.” *Journal of Health Care for the Poor and Underserved*, 24(2): 145-157.
- **Vegetables are offered on all service lines.**
 - Influencing healthful food choices in school and home environments: Results from the TEENS study
 - Lytle, L. A., Kubik, M. Y., Perry, C., Story, M., Birnbaum, A. S., & Murray, D. M. (2006). Influencing healthful food choices in school and home environments: results from the TEENS study. *Preventive medicine*, 43(1), 8-13.
 - Determinants of fruit and vegetable consumption among 6-12-year-old children and effective interventions to increase consumption
 - Blanchette, L., & Brug, J. (2005). Determinants of fruit and vegetable consumption among 6-12-year-old children and effective interventions to increase consumption. *Journal of human nutrition and dietetics*, 18(6), 431-443.
- **Hot and cold vegetables are offered.**



- Improvement of meal composition by vegetable variety
 - Bucher, T., van der Horst, K., & Siegrist, M. (2011). Improvement of meal composition by vegetable variety. *Public health nutrition*, 14(08), 1357-1363.3

- Vegetable variety: an effective strategy to increase vegetable choice in children
 - Bucher, T., Siegrist, M., & van der Horst, K. (2014). Vegetable variety: an effective strategy to increase vegetable choice in children. *Public health nutrition*, 17(6), 1232-1236.

- **At least one vegetable is identified as the featured vegetable-of-the-day and is labeled with a creative, descriptive name at the point of selection.**
 - Attractive names sustain increased vegetable intake in schools
 - Wansink, B., Just, D. R., Payne, C. R., & Klinger, M. Z. (2012). Attractive names sustain increased vegetable intake in schools. *Preventive medicine*, 55(4), 330-332. 3

 - Can branding improve school lunches?
 - Wansink, B., Just, D. R., & Payne, C. R. (2012). Can branding improve school lunches?. *Archives of pediatrics & adolescent medicine*, 166(10), 967-968.

- **Self-serve spices and seasonings are available for students to add flavor to vegetables.**
 - Changes in the Nutrient Content of School Lunches: Results from the CATCH Eat Smart Food Service Intervention
 - Osganian, S. K., Ebzery, M. K., Montgomery, D. H., Nicklas, T. A., Evans, M. A., Mitchell, P. D., ... & Bachman, K. J. (1996). Changes in the nutrient content of school lunches: results from the CATCH Eat Smart Food service Intervention. *Preventive Medicine*, 25(4), 400-412.

- **A serving of vegetables is incorporated into an entrée item at least once a month.**
 - Improvement of meal composition by vegetable variety
 - Bucher, T., van der Horst, K., & Siegrist, M. (2011). Improvement of meal composition by vegetable variety. *Public health nutrition*, 14(08), 1357-1363.3

 - Vegetable variety: an effective strategy to increase vegetable choice in children
 - Bucher, T., Siegrist, M., & van der Horst, K. (2014). Vegetable variety: an effective strategy to increase vegetable choice in children. *Public health nutrition*, 17(6), 1232-1236.

- **Cut vegetables, when offered, are paired with a low-fat dip such as ranch, hummus, or salsa.**
 - Offering “Dip” Promotes Intake of a Moderately-Liked Raw Vegetable among Preschoolers with Genetic Sensitivity to Bitterness



- Fisher, J. O., Mennella, J. A., Hughes, S. O., Liu, Y., Mendoza, P. M., & Patrick, H. (2012). Offering “dip” promotes intake of a moderately-liked raw vegetable among preschoolers with genetic sensitivity to bitterness. *Journal of the Academy of Nutrition and Dietetics*, 112(2), 235-245.
 - The Addition of a Plain or Herb-Flavored Reduced-Fat Dip Is Associated with Improved Preschoolers' Intake of Vegetables
 - Savage, J. S., Peterson, J., Marini, M., Bordi, P. L., & Birch, L. L. (2013). The addition of a plain or herb-flavored reduced-fat dip is associated with improved preschoolers' intake of vegetables. *Journal of the Academy of Nutrition and Dietetics*, 113(8), 1090-1095.
- **A vegetable taste test is offered at least once a year.**
 - Repeated taste exposure increases liking for vegetables by low-income elementary school children
 - Lakkakula, A., Geaghan, J., Zanovec, M., Pierce, S., & Tuuri, G. (2010). Repeated taste exposure increases liking for vegetables by low-income elementary school children. *Appetite*, 55(2), 226-231.
 - A Garden Pilot Project Enhances Fruit and Vegetable Consumption among Children
 - Heim, S., Stang, J., & Ireland, M. (2009). A garden pilot project enhances fruit and vegetable consumption among children. *Journal of the American Dietetic Association*, 109(7), 1220-1226.
 - Parent food purchases as a measure of exposure and preschool-aged children's willingness to identify and taste fruit and vegetables
 - Busick, D. B., Brooks, J., Pernecky, S., Dawson, R., & Petzoldt, J. (2008). Parent food purchases as a measure of exposure and preschool-aged children's willingness to identify and taste fruit and vegetables. *Appetite*, 51(3), 468-473.

Salad:

- **Pre-packaged salads or a salad bar is available.**
 - Salad Bars and Fruit and Vegetable Consumption in Elementary Schools: A Plate Waste Study
 - Adams, M. A., Pelletier, R. L., Zive, M. M., & Sallis, J. F. (2005). Salad bars and fruit and vegetable consumption in elementary schools: a plate waste study. *Journal of the American Dietetic Association*, 105(11), 1789-1792.



- Slusser, W. M., Cumberland, W. G., Browdy, B. L., Lange, L., and C. Neumann (2007) “A school salad bar increases frequency of fruit and vegetable consumption among children living in low-income households.” *Journal of Public Health Nutrition*, 10(12): 1490-1496.
- **Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items.**
 - Healthy convenience: nudging students toward healthier choices in the lunchroom
 - Hanks, A. S., Just, D. R., Smith, L. E., & Wansink, B. (2012). Healthy convenience: nudging students toward healthier choices in the lunchroom. *Journal of Public Health*, fds003.
 - Geier, A. B., Rozin, P. and Gheorghe Doros (2006) “Unit Bias: A New Heuristic That Helps Explain the Effect of Portion Size on Food Intake”. *Psychological Science*, 17(6): 521-525.
- **Pre-packaged salads or a salad bar is in a high traffic area and is available to all students.**
 - Healthy convenience: nudging students toward healthier choices in the lunchroom
 - Hanks, A. S., Just, D. R., Smith, L. E., & Wansink, B. (2012). Healthy convenience: nudging students toward healthier choices in the lunchroom. *Journal of Public Health*, fds003.
- **Pre-packaged salads or salad bar choices are labeled with creative, descriptive names and displayed next to each choice.**
 - Healthy convenience: nudging students toward healthier choices in the lunchroom
 - Hanks, A. S., Just, D. R., Smith, L. E., & Wansink, B. (2012). Healthy convenience: nudging students toward healthier choices in the lunchroom. *Journal of Public Health*, fds003.

Move More White Milk:

- **Milk cases/coolers kept full throughout meal service.**
 - The nutritional role of flavored and white milk in the diets of children
 - Nicklas, T. A., O'Neil, C. E., & Fulgoni, V. L. (2013). The nutritional role of flavored and white milk in the diets of children. *Journal of School Health*, 83(10), 728-733.
- **White milk is offered in all beverage coolers.**
 - The nutritional role of flavored and white milk in the diets of children
 - Nicklas, T. A., O'Neil, C. E., & Fulgoni, V. L. (2013). The nutritional role of flavored and white milk in the diets of children. *Journal of School Health*, 83(10), 728-733.
 - Du, X., Zhu, K., Trube, A., Zhang, Q., Ma, G., Hu, X., Fraser, D.R., and H. Greenfield. (2004) "School-milk intervention trial enhances growth and bone mineral accretion in Chinese girls aged 10-12 years in Beijing." *British Journal of Nutrition*, 92: 159-168. doi: 10.1079/BJN20041118



- 2 year study of milk intervention
 - Three randomized groups: 1) milk fortified with Ca; 2) same quantity of milk with Ca + cholecalciferol; 3) Control (non-fortified milk)
- **White milk is displayed in front of other beverages in all coolers.**
 - The nutritional role of flavored and white milk in the diets of children
 - Nicklas, T. A., O'Neil, C. E., & Fulgoni, V. L. (2013). The nutritional role of flavored and white milk in the diets of children. *Journal of School Health*, 83(10), 728-733.
 - School Children's Consumption of Lower-Calorie Flavored Milk: A Plate Waste Study
 - Yon, B. A., Johnson, R. K., & Stickle, T. R. (2012). School children's consumption of lower-calorie flavored milk: a plate waste study. *Journal of the Academy of Nutrition and Dietetics*, 112(1), 132-136.
 - Blanchette, L. and J. Brug. (2005) "Determinants of fruit and vegetable consumption among 6-12-year-old children and effective interventions to increase consumption." *Journal of Human Nutrition and Dietetics*; 18(6): 431-443.
 - Goto, K., Waite, A., Wolff, C., Chan, K. and M. Giovanni. (2013) "Do Environmental Interventions Impact Elementary School Students' Lunchtime Milk Selection?" *Journal of Applied Economic Perspectives and Policy*, 35(2): 360-376.
- **White milk is organized and represents at least 1/3 of all milk in each designated milk cooler.**
 - The nutritional role of flavored and white milk in the diets of children
 - Nicklas, T. A., O'Neil, C. E., & Fulgoni, V. L. (2013). The nutritional role of flavored and white milk in the diets of children. *Journal of School Health*, 83(10), 728-733.
 - School Children's Consumption of Lower-Calorie Flavored Milk: A Plate Waste Study
 - Yon, B. A., Johnson, R. K., & Stickle, T. R. (2012). School children's consumption of lower-calorie flavored milk: a plate waste study. *Journal of the Academy of Nutrition and Dietetics*, 112(1), 132-136.
- **1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.**
 - The nutritional role of flavored and white milk in the diets of children
 - Nicklas, T. A., O'Neil, C. E., & Fulgoni, V. L. (2013). The nutritional role of flavored and white milk in the diets of children. *Journal of School Health*, 83(10), 728-733.
 - School Children's Consumption of Lower-Calorie Flavored Milk: A Plate Waste Study
 - Yon, B. A., Johnson, R. K., & Stickle, T. R. (2012). School children's consumption of lower-calorie flavored milk: a plate waste study. *Journal of the Academy of Nutrition and Dietetics*, 112(1), 132-136.



Increase Sales of Reimbursable Meals:

- Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.
 - Healthy convenience: nudging students toward healthier choices in the lunchroom
 - Hanks, A. S., Just, D. R., Smith, L. E., & Wansink, B. (2012). Healthy convenience: nudging students toward healthier choices in the lunchroom. *Journal of Public Health*, fds003.
- One entrée is identified as the featured entrée-of-the-day, is labeled with a creative name next to the point of selection, and is the first entrée offered.
 - Attractive names sustain increased vegetable intake in schools
 - Wansink, B., Just, D. R., Payne, C. R., & Klinger, M. Z. (2012). Attractive names sustain increased vegetable intake in schools. *Preventive medicine*, 55(4), 330-332. 3
 - What would Batman eat?: priming children to make healthier fast food choices
 - Wansink, B., Shimizu, M., & Camps, G. (2012). What would Batman eat?: priming children to make healthier fast food choices. *Pediatric obesity*, 7(2), 121-123.
- Creative, descriptive names are used for featured items on the monthly menu.
 - Descriptive Menu Labels Effect on Sales
 - Wansink, Brian, James M. Painter, and Koert van Ittersum (2001). Descriptive Menu Labels Effect on Sales. *Cornell Hotel and Restaurant Administrative Quarterly*, 42(6), 68-72. doi:10.1016/S0010-8804(01)81011-9
 - Slim by design: Menu strategies for promoting high-margin, healthy foods
 - Wansink, B., & Love, K. (2014). Slim by design: Menu strategies for promoting high-margin, healthy foods. *International Journal of Hospitality Management*, 42, 137-143.
 - How descriptive food names bias sensory perceptions in restaurants
 - Wansink, B., Van Ittersum, K., & Painter, J. E. (2005). How descriptive food names bias sensory perceptions in restaurants. *Food quality and preference*, 16(5), 393-400.
- One reimbursable meal is identified as the featured combo meal and is labeled with a creative name like The Chef's Feast, The Athlete's Meal, or The Brain Boosting Meal next to the point of selection.
 - Attractive names sustain increased vegetable intake in schools
 - Wansink, B., Just, D. R., Payne, C. R., & Klinger, M. Z. (2012). Attractive names sustain increased vegetable intake in schools. *Preventive medicine*, 55(4), 330-332. 3
 - What would Batman eat?: priming children to make healthier fast food choices



- Wansink, B., Shimizu, M., & Camps, G. (2012). What would Batman eat?: priming children to make healthier fast food choices. *Pediatric obesity*, 7(2), 121-123.
- **Signs show students how to make a reimbursable meal on any service line (for example, a sign that says “Add a milk, fruit and carrots to your pizza for the Power Pizza Meal Deal!”)**
 - Healthy convenience: nudging students toward healthier choices in the lunchroom
 - Hanks, A. S., Just, D. R., Smith, L. E., & Wansink, B. (2012). Healthy convenience: nudging students toward healthier choices in the lunchroom. *Journal of Public Health*, fds003.
- **The combo meal of the day or featured entrée-of-the-day is displayed on a sample tray or photograph.**
 - Healthy convenience: nudging students toward healthier choices in the lunchroom
 - Hanks, A. S., Just, D. R., Smith, L. E., & Wansink, B. (2012). Healthy convenience: nudging students toward healthier choices in the lunchroom. *Journal of Public Health*, fds003.
- **A (reimbursable) combo meal is offered as a grab-and-go meal (for example, a lunch bag with a sandwich, apple, carrots and ranch, and milk).**
 - Healthy convenience: nudging students toward healthier choices in the lunchroom
 - Hanks, A. S., Just, D. R., Smith, L. E., & Wansink, B. (2012). Healthy convenience: nudging students toward healthier choices in the lunchroom. *Journal of Public Health*, fds003.
- **Students can pre-order lunch in the morning or day before.**
 - Preordering School Lunch Encourages Better Food Choices by Children
 - Hanks, A. S., Just, D. R., & Wansink, B. (2013). Preordering school lunch encourages better food choices by children. *JAMA pediatrics*, 167(7), 673-674.
- **Students must use cash to purchase à la carte snack items if available.**
 - Fat and Sugar Levels are High in Snacks Purchased From Student Stores in Middle Schools
 - Wildey, M. B., Pampalone, S. Z., Pelletier, R. L., Zive, M. M., Elder, J. P., & Sallis, J. F. (2000). Fat and sugar levels are high in snacks purchased from student stores in middle schools. *Journal of the American Dietetic Association*, 100(3), 319-322.
 - Smarter Lunchrooms: Using Behavioral Economics to Improve Meal Selection
 - Just, D. R., & Wansink, B. (2009). Smarter Lunchrooms: Using Behavioral Economics to Improve Meal Selection CHOICES.
- **Students have to ask a food service worker to select à la carte snack items if available.**
 - Smarter Lunchrooms: Using Behavioral Economics to Improve Meal Selection



- Just, D. R., & Wansink, B. (2009). Smarter Lunchrooms: Using Behavioral Economics to Improve Meal Selection CHOICES.
- **Students are offered a taste test of a new entrée at least once a year.**
 - Factors in the School Cafeteria Influencing Food Choices by High School Students
 - Shannon, C., Story, M., Fulkerson, J. A., & French, S. A. (2002). Factors in the school cafeteria influencing food choices by high school students. *Journal of School Health*, 72(6), 229-234.

Lunchroom Atmosphere:

- **Cafeteria staff smile and greet students upon entering the service line and continually throughout meal service.**
 - Variables Affecting High School Students' Perceptions of School Foodservice
 - Meyer, M. K., & T CONKLIN, M. A. R. T. H. A. (1998). Variables affecting high school students' perceptions of school foodservice. *Journal of the American Dietetic Association*, 98(12), 1424-1431.
- **Attractive, healthful food posters are displayed in dining and service areas.**
 - Can branding improve school lunches?
 - Wansink, B., Just, D. R., & Payne, C. R. (2012). Can branding improve school lunches?. *Archives of pediatrics & adolescent medicine*, 166(10), 967-968.
 - Marketing Vegetables: Leveraging Branded Media to Increase Vegetable Uptake in Elementary Schools.
 - Hanks, A. S., Just, D., & Brumberg, A. (2015). Marketing Vegetables: Leveraging Branded Media to Increase Vegetable Uptake in Elementary Schools. Available at SSRN 2701890.
 - Nicklas, T. A., Johnson, C.C., Myers, L., Farris, R.P. and Cunningham, A. (1998) "Outcomes of a high school program to increase fruit and vegetable consumption: Gimme 5 -- a fresh nutrition concept for students." *Journal of School Health*, 68.6, 248-253.
- **A menu board with today's featured meal options with creative names is readable from 5 feet away when approaching the service area.**
 - Descriptive Menu Labels Effect on Sales
 - Wansink, Brian, James M. Painter, and Koert van Ittersum (2001). Descriptive Menu Labels Effect on Sales. *Cornell Hotel and Restaurant Administrative Quarterly*, 42(6), 68-72. doi:10.1016/S0010-8804(01)81011-9
 - Slim by design: Menu strategies for promoting high-margin, healthy foods
 - Wansink, B., & Love, K. (2014). Slim by design: Menu strategies for promoting high-margin, healthy foods. *International Journal of Hospitality Management*, 42, 137-143.



- Campbell-Arvai, V., Arvai, J. & L. Kalof (2014) "Motivating Sustainable Food Choices: The Role of Nudges, Value Orientation, and Information Provision." *Journal of Environment and Behavior*, 46(4): 453-475.
- **The lunchroom is branded and decorated in a way that reflects the student body.**
 - Can branding improve school lunches?
 - Wansink, B., Just, D. R., & Payne, C. R. (2012). Can branding improve school lunches? *Archives of pediatrics & adolescent medicine*, 166(10), 967-968.
 - Marketing Vegetables: Leveraging Branded Media to Increase Vegetable Uptake in Elementary Schools.
 - Hanks, A. S., Just, D., & Brumberg, A. (2015). Marketing Vegetables: Leveraging Branded Media to Increase Vegetable Uptake in Elementary Schools. Available at SSRN 2701890.
 - Hillvelli, C. P., Berg, M. C., Jonsson, L. M. & L. Lissner (2005) "A School-based intervention to promote dietary change." *Journal of Adolescent Health*, 36(6): 529-530.
 - PJ Horne, K Tapper, CF Lowe, CA Hardman, MC Jackson and J Woolner. (2004) "Increasing children's fruit and vegetable consumption: a peer-modeling and reward-based intervention." *European Journal of Clinical Nutrition*, 58: 1649-1660.
- **Cleaning supplies or broken/unused equipment are not visible during meal service.**
 - Clutter, Chaos, and Overconsumption The Role of Mind-Set in Stressful and Chaotic Food Environments
 - Vartanian, L. R., Kernan, K. M., & Wansink, B. (2016). Clutter, Chaos, and Overconsumption The Role of Mind-Set in Stressful and Chaotic Food Environments. *Environment and Behavior*, 0013916516628178.
 - Boehmer, TK., Hoehner, CM., Deshpande, AD., Brennan Ramirez, LK. and RC. Brownson. (2007) "Perceived and observed neighborhood indicators of obesity among urban adults." *International Journal of Obesity*, 31: 968-977.
 - Jung, J., Lee, Y. and Y. Oh. (2009) "Comparison of student's satisfaction on school food service environment by the eating place and gender." *Journal of Nutrition Research and Practice*, 3(4): 295-299.
- **All lights in the dining and meal service areas work and are turned on.**
 - Shining Light on Atmospherics: How Ambient Light Influences Food Choices
 - BISWAS, D., SZOCS, C., WANSINK, B., & CHACKO, R. (2016). Shining Light on Atmospherics: How Ambient Light Influences Food Choices. *Journal of Marketing Research*.



- Effect of ambience on food intake and food choice
 - Stroebele, N., & De Castro, J. M. (2004). Effect of ambience on food intake and food choice. *Nutrition*, 20(9), 821-838.
- **Compost/recycling and trash cans are at least 5 feet away from dining students.**
 - Clutter, Chaos, and Overconsumption The Role of Mind-Set in Stressful and Chaotic Food Environments
 - Vartanian, L. R., Kernan, K. M., & Wansink, B. (2016). Clutter, Chaos, and Overconsumption The Role of Mind-Set in Stressful and Chaotic Food Environments. *Environment and Behavior*, 0013916516628178.
- **There is a clear traffic pattern. Signs, floor decals, or rope lines are used if necessary.**
 - Clutter, Chaos, and Overconsumption The Role of Mind-Set in Stressful and Chaotic Food Environments
 - Vartanian, L. R., Kernan, K. M., & Wansink, B. (2016). Clutter, Chaos, and Overconsumption The Role of Mind-Set in Stressful and Chaotic Food Environments. *Environment and Behavior*, 0013916516628178.
 - Hillvelli, C. P., Berg, M. C., Jonsson, L. M. & L. Lissner (2005) "A School-based intervention to promote dietary change." *Journal of Adolescent Health*, 36(6): 529-530.
- **Trash is removed between each lunch period if necessary.**
 - Clutter, Chaos, and Overconsumption The Role of Mind-Set in Stressful and Chaotic Food Environments
 - Vartanian, L. R., Kernan, K. M., & Wansink, B. (2016). Clutter, Chaos, and Overconsumption The Role of Mind-Set in Stressful and Chaotic Food Environments. *Environment and Behavior*, 0013916516628178.
 - Boehmer, TK., Hoehner, CM., Deshpande, AD., Brennan Ramirez, LK. and RC. Brownson. (2007) "Perceived and observed neighborhood indicators of obesity among urban adults." *International Journal of Obesity*, 31: 968-977.
 - Jung, J., Lee, Y. and Y. Oh. (2009) "Comparison of student's satisfaction on school food service environment by the eating place and gender." *Journal of Nutrition Research and Practice*, 3(4): 295-299.
- **A menu board with tomorrow's featured meal with creative names is readable from 5 feet away in the service or dining area.**
 - Descriptive Menu Labels Effect on Sales



- Wansink, Brian, James M. Painter, and Koert van Ittersum (2001). Descriptive Menu Labels Effect on Sales. *Cornell Hotel and Restaurant Administrative Quarterly*, 42(6), 68-72. doi:10.1016/S0010-8804(01)81011-9
- Slim by design: Menu strategies for promoting high-margin, healthy foods
 - Wansink, B., & Love, K. (2014). Slim by design: Menu strategies for promoting high-margin, healthy foods. *International Journal of Hospitality Management*, 42, 137-143.
- How descriptive food names bias sensory perceptions in restaurants
 - Wansink, B., Van Ittersum, K., & Painter, J. E. (2005). How descriptive food names bias sensory perceptions in restaurants. *Food quality and preference*, 16(5), 393-400.

Student Involvement:

- **Student artwork is displayed in the service area or dining space.**
 - The Role Of Permanent Student Artwork In Students' Sense Of Ownership In An Elementary School
 - Killeen, J. P., Evans, G. W., & Danko, S. (2003). The role of permanent student artwork in students' sense of ownership in an elementary school. *Environment and Behavior*, 35(2), 250-263.
 - Environmental personalization and elementary school children's self-esteem
 - Maxwell, L. E., & Chmielewski, E. J. (2008). Environmental personalization and elementary school children's self-esteem. *Journal of Environmental Psychology*, 28(2), 143-153.
- **Students, teachers, or administrators announce today's menu in daily announcements.**
 - Teachers' Interaction With Children in the School Meal Situation: The Example of Pedagogic Meals in Sweden
 - Osowski, C. P., Göranzon, H., & Fjellström, C. (2013). Teachers' interaction with children in the school meal situation: The example of pedagogic meals in Sweden. *Journal of nutrition education and behavior*, 45(5), 420-427.
- **Students are involved in the development of creative and descriptive names for menu items.**
 - How descriptive food names bias sensory perceptions in restaurants
 - Wansink, B., Van Ittersum, K., & Painter, J. E. (2005). How descriptive food names bias sensory perceptions in restaurants. *Food quality and preference*, 16(5), 393-400.
- **Students are involved in the creation of artwork or marketing materials to promote menu items.**
 - The Role Of Permanent Student Artwork In Students' Sense Of Ownership In An Elementary School



- Killeen, J. P., Evans, G. W., & Danko, S. (2003). The role of permanent student artwork in students' sense of ownership in an elementary school. *Environment and Behavior*, 35(2), 250-263.
 - Environmental personalization and elementary school children's self-esteem
 - Maxwell, L. E., & Chmielewski, E. J. (2008). Environmental personalization and elementary school children's self-esteem. *Journal of Environmental Psychology*, 28(2), 143-153.
 - **Students provide feedback (informal – ‘raise your hand if you like...’ or formal - focus groups, surveys) to inform menu development.**
 - Improving the School Food Environment: Results from a Pilot Study in Middle Schools
 - Cullen, K. W., Hartstein, J., Reynolds, K. D., Vu, M., Resnicow, K., Greene, N., ... & Studies to Treat or Prevent Pediatric Type 2 Diabetes Prevention Study Group. (2007). Improving the school food environment: results from a pilot study in middle schools. *Journal of the American Dietetic Association*, 107(3), 484-489.
 - “How Can We Stay Healthy when you’re Throwing All of this in Front of Us?” Findings from Focus Groups and Interviews in Middle Schools on Environmental Influences on Nutrition and Physical Activity
 - Bauer, K. W., Yang, Y. W., & Austin, S. B. (2004). “How can we stay healthy when you’re throwing all of this in front of us?” Findings from focus groups and interviews in middle schools on environmental influences on nutrition and physical activity. *Health Education & Behavior*, 31(1), 34-46.
 - Factors Influencing Food Choices of Adolescents: Findings from Focus-Group Discussions with Adolescents
 - Neumark-Sztainer, D., Story, M., Perry, C., & Casey, M. A. (1999). Factors influencing food choices of adolescents: findings from focus-group discussions with adolescents. *Journal of the American dietetic association*, 99(8), 929-937.
 - **Students have the opportunity to volunteer in the lunchroom.**
 - Involving students in learning and health promotion processes - clarifying why? what? and how?
 - Jensen, B. B., & Simovska, V. (2005). Involving students in learning and health promotion processes-clarifying why? what? and how?. *Promotion & Education*, 12(3-4), 150-156.

School Community Involvement:

- **A monthly menu is posted in the main office.**
 - Descriptive Menu Labels Effect on Sales



- Wansink, Brian, James M. Painter, and Koert van Ittersum (2001). Descriptive Menu Labels Effect on Sales. *Cornell Hotel and Restaurant Administrative Quarterly*, 42(6), 68-72. doi:10.1016/S0010-8804(01)81011-9
 - Slim by design: Menu strategies for promoting high-margin, healthy foods
 - Wansink, B., & Love, K. (2014). Slim by design: Menu strategies for promoting high-margin, healthy foods. *International Journal of Hospitality Management*, 42, 137-143.
 - How descriptive food names bias sensory perceptions in restaurants
 - Wansink, B., Van Ittersum, K., & Painter, J. E. (2005). How descriptive food names bias sensory perceptions in restaurants. *Food quality and preference*, 16(5), 393-400.
- **A menu board with today's featured meal options with creative, descriptive names is located in the main office.**
 - Slim by design: Menu strategies for promoting high-margin, healthy foods
 - Wansink, B., & Love, K. (2014). Slim by design: Menu strategies for promoting high-margin, healthy foods. *International Journal of Hospitality Management*, 42, 137-143.
 - Descriptive Menu Labels Effect on Sales
 - Wansink, Brian, James M. Painter, and Koert van Ittersum (2001). Descriptive Menu Labels Effect on Sales. *Cornell Hotel and Restaurant Administrative Quarterly*, 42(6), 68-72. doi:10.1016/S0010-8804(01)81011-9
 - How descriptive food names bias sensory perceptions in restaurants
 - Wansink, B., Van Ittersum, K., & Painter, J. E. (2005). How descriptive food names bias sensory perceptions in restaurants. *Food quality and preference*, 16(5), 393-400.
- **A monthly menu is provided to students, families, teachers, and administrators.**
 - Randomized intervention to increase children's selection of low-fat foods in school lunches
 - Whitaker, R. C., Wright, J. A., Koepsell, T. D., Finch, A. J., & Psaty, B. M. (1994). Randomized intervention to increase children's selection of low-fat foods in school lunches. *The Journal of pediatrics*, 125(4), 535-540.
 - A Garden Pilot Project Enhances Fruit and Vegetable Consumption among Children
 - Heim, S., Stang, J., & Ireland, M. (2009). A garden pilot project enhances fruit and vegetable consumption among children. *Journal of the American Dietetic Association*, 109(7), 1220-1226.
- **Information about the benefits of school meals is provided to teachers and administration at least annually.**
 - School Food Policies and Practices: A State-Wide Survey of Secondary School Principals



- French, S. A., Story, M., & Fulkerson, J. A. (2002). School food policies and practices: a state-wide survey of secondary school principals. *Journal of the American Dietetic Association*, 102(12), 1785-1789.
 - Teachers' Interaction With Children in the School Meal Situation: The Example of Pedagogic Meals in Sweden
 - Osowski, C. P., Göranzon, H., & Fjellström, C. (2013). Teachers' interaction with children in the school meal situation: The example of pedagogic meals in Sweden. *Journal of nutrition education and behavior*, 45(5), 420-427.
- **Nutrition education is incorporated into the school day.**
 - School-based nutrition education: lessons learned and new perspectives
 - Perez-Rodrigo, C., & Aranceta, J. (2001). School-based nutrition education: lessons learned and new perspectives. *Public Health Nutrition*, 4(1a), 131-139.
 - Do school based food and nutrition policies improve diet and reduce obesity?
 - Jaime, P. C., & Lock, K. (2009). Do school based food and nutrition policies improve diet and reduce obesity?. *Preventive medicine*, 48(1), 45-53.
 - Longitudinal Behavioral Effects of a School-Based Fruit and Vegetable Promotion Program
 - Hoffman, J. A., Franko, D. L., Thompson, D. R., Power, T. J., & Stallings, V. A. (2009). Longitudinal behavioral effects of a school-based fruit and vegetable promotion program. *Journal of pediatric psychology*, jsp041.
 - A Garden Pilot Project Enhances Fruit and Vegetable Consumption among Children
 - Heim, S., Stang, J., & Ireland, M. (2009). A garden pilot project enhances fruit and vegetable consumption among children. *Journal of the American Dietetic Association*, 109(7), 1220-1226.
 - Teachers' Interaction With Children in the School Meal Situation: The Example of Pedagogic Meals in Sweden
 - Osowski, C. P., Göranzon, H., & Fjellström, C. (2013). Teachers' interaction with children in the school meal situation: The example of pedagogic meals in Sweden. *Journal of nutrition education and behavior*, 45(5), 420-427.
- **The school participates in other food promotion programs such as: Farm to School, Chefs Move to Schools, Fuel Up to Play 60, Share our Strength, etc.**
 - Chefs move to schools. A pilot examination of how chef-created dishes can increase school lunch participation and fruit and vegetable intake
 - Just, D. R., Wansink, B., & Hanks, A. S. (2014). Chefs move to schools. A pilot examination of how chef-created dishes can increase school lunch participation and fruit and vegetable intake. *Appetite*, 83, 242-247.



- Long-Term Impact of a Chef on School Lunch Consumption: Findings from a 2-Year Pilot Study in Boston Middle Schools
 - Cohen, J. F., Smit, L. A., Parker, E., Austin, S. B., Frazier, A. L., Economos, C. D., & Rimm, E. B. (2012). Long-term impact of a chef on school lunch consumption: findings from a 2-year pilot study in Boston middle schools. *Journal of the Academy of Nutrition and Dietetics*, 112(6), 927-933.
- Do Farm-to-School Programs Make a Difference? Findings and Future Research Needs
 - Joshi, A., Azuma, A. M., & Feenstra, G. (2008). Do farm-to-school programs make a difference? Findings and future research needs. *Journal of Hunger & Environmental Nutrition*, 3(2-3), 229-246.
- Chefs Move to Schools: a pilot study of the influence of outside chefs on school lunchroom behavior
 - Hanks, A., Just, D., & Wansink, B. (2014). Chefs Move to Schools: a pilot study of the influence of outside chefs on school lunchroom behavior (808.11). *The FASEB Journal*, 28(1 Supplement), 808-11.
- **The school has a garden.**
 - School Gardens: An Experiential Learning Approach for a Nutrition Education Program to Increase Fruit and Vegetable Knowledge, Preference, and Consumption among Second-grade Students
 - Parmer, S. M., Salisbury-Glennon, J., Shannon, D., & Struempfer, B. (2009). School gardens: an experiential learning approach for a nutrition education program to increase fruit and vegetable knowledge, preference, and consumption among second-grade students. *Journal of nutrition education and behavior*, 41(3), 212-217.
 - A Garden Pilot Project Enhances Fruit and Vegetable Consumption among Children
 - Heim, S., Stang, J., & Ireland, M. (2009). A garden pilot project enhances fruit and vegetable consumption among children. *Journal of the American Dietetic Association*, 109(7), 1220-1226.
 - The child in the garden: An evaluative review of the benefits of school gardening
 - Blair, D. (2009). The child in the garden: An evaluative review of the benefits of school gardening. *The Journal of Environmental Education*, 40(2), 15-38.
 - Impact of the Use of Produce Grown in an Elementary School Garden on Consumption of Vegetables at School Lunch



- Cotugna, N., Manning, C. K., & DiDomenico, J. (2012). Impact of the use of produce grown in an elementary school garden on consumption of vegetables at school lunch. *Journal of Hunger & Environmental Nutrition*, 7(1), 11-19.
 - A plant to plate pilot: a cold-climate high school garden increased vegetable selection but also waste
 - Wansink, B., Hanks, A. S., & Just, D. R. (2015). A plant to plate pilot: a cold-climate high school garden increased vegetable selection but also waste. *Acta Paediatrica*, 104(8), 823-826.
- **Elementary schools provide recess before lunch.**
 - Lunch, recess and nutrition: Responding to time incentives in the cafeteria
 - Price, J., & Just, D. R. (2015). Lunch, recess and nutrition: responding to time incentives in the cafeteria. *Preventive medicine*, 71, 27-30.
- **The school has applied for the Healthier US School Challenge.**
 - Nutrient Intakes among Children and Adolescents Eating Usual Pizza Products in School Lunch Compared with Pizza Meeting HealthierUS School Challenge Criteria
 - Hur, I. Y., Marquart, L., & Reicks, M. (2014). Nutrient Intakes among Children and Adolescents Eating Usual Pizza Products in School Lunch Compared with Pizza Meeting HealthierUS School Challenge Criteria. *Journal of the Academy of Nutrition and Dietetics*, 114(5), 768-773.
- **Smarter Lunchrooms strategies are included in the District Wellness Policy.**
 - Smarter Lunchrooms Can Address New School Lunchroom Guidelines and Childhood Obesity
 - Hanks, A. S., Just, D. R., & Wansink, B. (2013). Smarter lunchrooms can address new school lunchroom guidelines and childhood obesity. *The Journal of pediatrics*, 162(4), 867-869.
 - Who's adopting the smarter lunchroom approach? Individual characteristics of innovative food service directors
 - Gabrielyan, G., Hanks, D. S., Hoy, K., Just, D. R., & Wansink, B. (2017). Who's adopting the smarter lunchroom approach? Individual characteristics of innovative food service directors. *Evaluation and Program Planning*, 60, 72-80.
 - Schools and Obesity Prevention: Creating School Environments and Policies to Promote Healthy Eating and Physical Activity
 - Story, M., Nannery, M. S., & Schwartz, M. B. (2009). Schools and obesity prevention: creating school environments and policies to promote healthy eating and physical activity. *Milbank Quarterly*, 87(1), 71-100.

