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

- Sliced or cut fruit is offered.
  - Pre-Sliced Fruit in School Cafeterias: Children's Selection and Intake
  - Promoting consumption of fruit in elementary school cafeterias. The effects of slicing apples and oranges

- 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

- **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
  - Influencing healthful food choices in school and home environments: Results from the TEENS study

- **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
  - Can branding improve school lunches?
  - 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.

- A fruit taste test is offered at least once a year.
  - A Garden Pilot Project Enhances Fruit and Vegetable Consumption among Children
  - Parent food purchases as a measure of exposure and preschool-aged children’s willingness to identify and taste fruit and vegetables

**Vegetable Variety:**

- At least two kinds of vegetables are offered.
  - Vegetable variety: an effective strategy to increase vegetable choice in children

- Vegetables are offered on all service lines.
  - Influencing healthful food choices in school and home environments: Results from the TEENS study
  - Determinants of fruit and vegetable consumption among 6–12-year-old children and effective interventions to increase consumption

- Hot and cold vegetables are offered.
- **Improvement of meal composition by vegetable variety**

- **Vegetable variety: an effective strategy to increase vegetable choice in children**

- **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
  - Can branding improve school lunches?

- **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

- **A serving of vegetables is incorporated into an entrée item at least once a month.**
  - Improvement of meal composition by vegetable variety
  - Vegetable variety: an effective strategy to increase vegetable choice in children

- **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

- **The Addition of a Plain or Herb-Flavored Reduced-Fat Dip Is Associated with Improved Preschoolers’ Intake of Vegetables**

- **A vegetable taste test is offered at least once a year.**
  - **Repeated taste exposure increases liking for vegetables by low-income elementary school children**
  - **A Garden Pilot Project Enhances Fruit and Vegetable Consumption among Children**
  - **Parent food purchases as a measure of exposure and preschool-aged children's willingness to identify and taste fruit and vegetables**

**Salad:**

- **Pre-packaged salads or a salad bar is available.**
  - **Salad Bars and Fruit and Vegetable Consumption in Elementary Schools: A Plate Waste Study**
• Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items.
  o Healthy convenience: nudging students toward healthier choices in the lunchroom

• Pre-packaged salads or a salad bar is in a high traffic area and is available to all students.
  o Healthy convenience: nudging students toward healthier choices in the lunchroom

• Pre-packaged salads or salad bar choices are labeled with creative, descriptive names and displayed next to each choice.
  o Healthy convenience: nudging students toward healthier choices in the lunchroom

**Move More White Milk:**

• Milk cases/coolers kept full throughout meal service.
  o The nutritional role of flavored and white milk in the diets of children

• White milk is offered in all beverage coolers.
  o The nutritional role of flavored and white milk in the diets of children

- 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

  - School Children’s Consumption of Lower-Calorie Flavored Milk: A Plate Waste Study


- 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

  - School Children’s Consumption of Lower-Calorie Flavored Milk: A Plate Waste Study

- 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

  - School Children’s Consumption of Lower-Calorie Flavored Milk: A Plate Waste Study
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

- 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
  - What would Batman eat?: priming children to make healthier fast food choices

- Creative, descriptive names are used for featured items on the monthly menu.
  - Descriptive Menu Labels Effect on Sales
  - Slim by design: Menu strategies for promoting high-margin, healthy foods
  - How descriptive food names bias sensory perceptions in restaurants

- 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
  - What would Batman eat?: priming children to make healthier fast food choices

- 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

- 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

- 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

- Students can pre-order lunch in the morning or day before.
  - Preordering School Lunch Encourages Better Food Choices by Children

- Students must use cash to purchase á la carte snack items if available.
  - Fat and Sugar Levels are High in Snacks Purchased From Student Stores in Middle Schools

  - Smarter Lunchrooms: Using Behavioral Economics to Improve Meal Selection

- Students have to ask a food service worker to select á la carte snack items if available.
  - Smarter Lunchrooms: Using Behavioral Economics to Improve Meal Selection
• Students are offered a taste test of a new entrée at least once a year.
  o Factors in the School Cafeteria Influencing Food Choices by High School Students

**Lunchroom Atmosphere:**

• Cafeteria staff smile and greet students upon entering the service line and continually throughout meal service.
  o Variables Affecting High School Students’ Perceptions of School Foodservice

• Attractive, healthful food posters are displayed in dining and service areas.
  o Can branding improve school lunches?

  o Marketing Vegetables: Leveraging Branded Media to Increase Vegetable Uptake in Elementary Schools.


• A menu board with today’s featured meal options with creative names is readable from 5 feet away when approaching the service area.
  o Descriptive Menu Labels Effect on Sales

  o Slim by design: Menu strategies for promoting high-margin, healthy foods
The lunchroom is branded and decorated in a way that reflects the student body.
- Can branding improve school lunches?
- Marketing Vegetables: Leveraging Branded Media to Increase Vegetable Uptake in Elementary Schools.

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

All lights in the dining and meal service areas work and are turned on.
- Shining Light on Atmospherics: How Ambient Light Influences Food Choices
- **Effect of ambience on food intake and food choice**

- **Compost/recycling and trash cans are at least 5 feet away from dining students.**

- **There is a clear traffic pattern. Signs, floor decals, or rope lines are used if necessary.**

- **Trash is removed between each lunch period if necessary.**

- **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

- **Slim by design: Menu strategies for promoting high-margin, healthy foods**

- **How descriptive food names bias sensory perceptions in restaurants**

**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*

- **Environmental personalization and elementary school children’s self-esteem**

- **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*

- **Students are involved in the development of creative and descriptive names for menu items.**
  - *How descriptive food names bias sensory perceptions in restaurants*

- **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*

  o Environmental personalization and elementary school children's self-esteem

- Students provide feedback (informal – ‘raise your hand if you like...’ or formal – focus groups, surveys) to inform menu development.
  o Improving the School Food Environment: Results from a Pilot Study in Middle Schools
  
  o “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.
  
  o Factors Influencing Food Choices of Adolescents: Findings from Focus-Group Discussions with Adolescents

• Students have the opportunity to volunteer in the lunchroom.
  o Involving students in learning and health promotion processes - clarifying why? what? and how?

**School Community Involvement:**

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

- **Slim by design: Menu strategies for promoting high-margin, healthy foods**

- **How descriptive food names bias sensory perceptions in restaurants**

- **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**

- **Descriptive Menu Labels Effect on Sales**

- **How descriptive food names bias sensory perceptions in restaurants**

- **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**

  - **A Garden Pilot Project Enhances Fruit and Vegetable Consumption among Children**

- **Information about the benefits of school meals is provided to teachers and administration at least annually.**

  - Teachers’ Interaction With Children in the School Meal Situation: The Example of Pedagogic Meals in Sweden

- Nutrition education is incorporated into the school day.
  - School-based nutrition education: lessons learned and new perspectives
  - Do school based food and nutrition policies improve diet and reduce obesity?
  - Longitudinal Behavioral Effects of a School-Based Fruit and Vegetable Promotion Program
  - A Garden Pilot Project Enhances Fruit and Vegetable Consumption among Children
  - Teachers’ Interaction With Children in the School Meal Situation: The Example of Pedagogic Meals in Sweden

- 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
- **Long-Term Impact of a Chef on School Lunch Consumption: Findings from a 2-Year Pilot Study in Boston Middle Schools**

- **Do Farm-to-School Programs Make a Difference? Findings and Future Research Needs**

- **Chefs Move to Schools: a pilot study of the influence of outside chefs on school lunchroom behavior**

- **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**

  - **A Garden Pilot Project Enhances Fruit and Vegetable Consumption among Children**

  - **The child in the garden: An evaluative review of the benefits of school gardening**

  - **Impact of the Use of Produce Grown in an Elementary School Garden on Consumption of Vegetables at School Lunch**

- A plant to plate pilot: a cold-climate high school garden increased vegetable selection but also waste

- Elementary schools provide recess before lunch.
  - Lunch, recess and nutrition: Responding to time incentives in the cafeteria

- 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

- Smarter Lunchrooms strategies are included in the District Wellness Policy.
  - Smarter Lunchrooms Can Address New School Lunchroom Guidelines and Childhood Obesity

  - Who’s adopting the smarter lunchroom approach? Individual characteristics of innovative food service directors

  - Schools and Obesity Prevention: Creating School Environments and Policies to Promote Healthy Eating and Physical Activity