A choice of at least two types of vegetables is offered at the same meal at least once per day

Fruits, vegetables and/or entrées are provided with fun, descriptive names

Fruits and vegetables are offered first and last during meals

Adults role model healthful eating behaviors

Meals are served family-style

Popular characters are used to promote healthy options

For your score, check out the complete 20-strategy Scorecard at the link below

What's Your Score?

Visit

SmarterLunchrooms.org/Smarter-Mealtimes

for

- 20 Easy Strategies
- Smarter Mealtimes Scorecard
- Tips for Applying the Strategies to Your Space
- Monthly Strategies Tracker
- Photo Examples
- Recipes
- Fun Food Names & Labels
- Posters & Clings
- Research
- Testimonials

Smarter Mealtimes

It's Not Nutrition Until It's Eaten!

Smarter Lunchrooms.org/Smarter-Mealtimes

Presented in Partnership with

The Cornell Center for Behavioral Economics in Child Nutrition Programs

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**What is The Smarter Mealtimes Movement?**

Smarter Mealtimes is an adaptation of the Smarter Lunchrooms Movement for the child care environment.

The initiative offers 20 simple strategies proven to increase children's selection and consumption of healthy foods. **Making the healthy choice, the easy choice** does not have to be hard.

Read on and learn some quick tips to make mealtimes happier and healthier for children.

<table>
<thead>
<tr>
<th>The Research Shows</th>
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<tbody>
<tr>
<td><strong>Variety</strong></td>
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<tr>
<td>Serving a variety of fruits &amp; vegetables increases how much preschoolers eat.</td>
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<tr>
<td><strong>Tasting</strong></td>
</tr>
<tr>
<td>The more times kids are served a vegetable, the more likely they are to try it and like it.</td>
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<tr>
<td><strong>Fun Food Names</strong></td>
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<tr>
<td>Fun names encourage kids to select and eat healthy foods.</td>
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<tr>
<td><strong>Staff Role Models</strong></td>
</tr>
<tr>
<td>Children selected and ate more vegetables when adult caregivers sat with them and ate the same foods.</td>
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<tr>
<td><strong>Branding</strong></td>
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<tr>
<td>Fruit selection can increase when a sticker of a popular character is offered with the fruit.</td>
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