Smarter Mealtimes is a nationwide movement based on proven strategies for nudging kids to select and eat the healthiest foods at mealtime. Smarter Mealtimes is dedicated to providing caregivers the knowledge, motivation, and resources needed to build a lunchroom environment that makes the healthy choice the easy choice.

**The Smarter Mealtimes Movement...**
- Is easy and inexpensive to implement
- Increases children's satisfaction with meals
- Uses simple evidence-based strategies to gently nudge children to make healthy choices
- Empowers, energizes, and engages child care providers
- Increases the amount of healthy food children eat
- Reduces waste

**5 Easy Smarter Mealtime Changes**
- Pair cut vegetables with low fat dip
- Offer at least 2 types of fruit and 2 types of vegetables
- Offer fruits and vegetables first and last during mealtime
- Use stickers of popular characters to promote healthy options
- Provide fun, creative, descriptive names to fruits, vegetables, and main dishes

**It’s Not Nutrition Until It’s Eaten!**
Smarter Mealtimes Offers FREE Resources to Help Promote Healthy Foods to Kids Including...

- easy-to-use tools
- colorful, kid-friendly signage
- advice and pro tips for caregivers
- delicious, healthy recipes
- educational resources

Visit SmarterLunchrooms.org/smarter-mealtimes to Get Started!