Introducing the Smarter Lunchrooms Movement

What makes a lunchroom smarter?

Highlight Fruits and Veggies.
Students eat more fruits and veggies when there is a colorful variety of choices and when they are more fun and convenient to eat.⁴

Promote the Healthier Entree Choice.
All National School Lunch and Breakfast Program meals meet strict nutrition standards. Promoting the healthiest choice gets more students to try and enjoy a wider variety of healthy foods.⁴

Put the White Milk Up Front.
Milk, whether it is chocolate or white, has a variety of nutrients students need. Putting the white milk in front of the chocolate milk gets more kids to choose white milk.⁴

Want to learn more about how our school is implementing Smarter Lunchrooms? Are you interested in helping our school with the Smarter Lunchrooms Movement?

If so, contact the school’s Nutrition Services Department for more information.

Healthy, successful students can help build strong communities. Investing in the health of students contributes to healthy communities in the future.

All students deserve the opportunity to be healthy and successful. Access to healthy foods plays an important role in student academic success. Helping our school support healthy eating can help your child become a better learner, a healthier adult, and ready for college.

1. **Healthy students are better learners.**
   Studies have shown that good nutrition leads to better academic performance. Students that meet their nutritional needs tend to focus better in class and earn higher grades.¹²

2. **Schools can have an influence.**
   While it is important students learn healthy habits at home, schools can also help students make healthy choices. Students spend much of their time at school, where many of them may eat 2 out of 3 meals per day. School meals are planned to meet the nutritional needs of students, with a focus on whole grains, lean protein, low-fat dairy, and a variety of fruits and vegetables.

3. **Healthy, successful students can help build strong communities.**
   Investing in the health of students contributes to healthy communities in the future.

4. **All students deserve the opportunity to be healthy and successful.**
   Access to healthy foods plays an important role in student academic success. Helping our school support healthy eating can help your child become a better learner, a healthier adult, and ready for college.

---

**WHAT IS THE SMARBER LUNCHROOMS MOVEMENT?**

The Smarter Lunchrooms Movement is a program started by Cornell University. This program provides schools quick and easy ways to promote healthier choices in the lunchroom.

With a Smarter Lunchroom, our school will change the design of the lunchroom to make healthier foods the easier choice for kids. Research has shown that these changes can help increase healthy choices made by students.

Learn more at tinyurl.com/SmarterLunchrooms