SMARTER LUNCHROOMS STRATEGY SHOWCASE

Resources & Visual Examples from Illinois Schools
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FOCUS ON FRUIT

At least two kinds of fruit are offered * Sliced or cut fruit is offered * A variety of mixed whole fruits are displayed in attractive bowls or baskets * Fruit is offered in at least two location on all service lines * at least one fruit is identified as the fruit of the day and is labeled with a creative, descriptive name at the point of selection * a fruit taste test is offered at least once a year
At least two kinds of fruit offered

Sliced or cut fruit offered
A variety of mixed whole fruit are displayed together in attractive bowls or baskets.
A variety of mixed whole fruit are displayed together in attractive bowls or baskets.
Decorative basket with multiple options

Sliced fruit options and juice
Fruit offered in at least two locations on all service lines, one right before each point of sale.
At least one fruit is identified as the featured fruit of the day and is labeled with a creative, descriptive name at point of selection.

Downloadable PDF Creative, Fun, and Descriptive Names Toolkit
SmarterLunchrooms.org

Various Food Model Graphics with Nutrition Information
National Dairy Council
A Fruit taste test is offered at least once a year

Downloadable/Printable PDF
Taste Test Ballot:
Team Nutrition Popular Idea Booklet
Try Day Poster:
teamnutrition.usda.gov
VARY THE VEGETABLES

At least two kinds of vegetables are offered * Vegetables are offered on all service lines * both hot and cold vegetables are offered * When cut raw vegetables are offered, they are paired with a low-fat dip such as ranch, hummus, salsa * A serving of vegetables is incorporated into an entrée item at least once a month * self serve spices and seasonings are available * at least one vegetable is identified as the featured veg of the day and is labeled with a creative, descriptive name at the point of selection * a veg taste tests is offered at least once a year
At least two kinds of vegetables are offered
Both hot and cold vegetables are offered. When cut, raw vegetables are offered, they are paired with low-fat dips (salsa, ranch, hummus).
At least one veggie is identified as the featured vegetable of the day and is labeled with a creative descriptive name.
GARDEN FRESH ROMAINE
At least one vegetable is identified as the featured veg of the day and is labeled with a creative, descriptive name at point of selection.

Downloadable PDF Creative, Fun, and Descriptive Names Toolkit
SmarterLunchrooms.org

Various Food Model Graphics with Nutrition Information
National Dairy Council
A vegetable taste test is offered at least once a year.
HIGHLIGHT THE SALAD

Pre-packaged salads or salad bar is available to all students * Pre-packaged salads or salad bar is in a high traffic area * Self-serve utensils are larger for vegetables and smaller for dressings/croutons/non-produce items * Pre-packaged salads or salad bar choices are labeled with creative, descriptive names and displayed next to each choice
Pre-packaged salads available to all students (clear clamshells)

In high traffic area (mobile cart)
Self-serve salad bar utensils are larger for vegetables and smaller for croutons/dressing/non produce.
Pre-packaged salads or salad bar choices are labeled with creative, descriptive names and displayed next to each choice.
CRUNCHY CELERY SWORDS

KRAZY KALE

MONSTER MASHED POTATOES

ZESTY ZUCCHINI

POWER PACKED PEAS

PERFECT PEAS
Salad Bar Signage: Ohio Seed to Salad Toolkit
MOVE MORE WHITE MILK

Milk cases/coolers are kept full throughout meal service * White milk is offered in all beverage coolers * White milk is organized and represents at least 1/3 of all milk in each designated milk cooler * White milk is displayed in front of other beverages in all coolers * 1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name
White milk is organized and represents at least 1/3 of all milk in each designated milk cooler.

White milk is displayed first.
Milk case/coolers are kept full throughout meal service.
1% or non-fat white milk is identified as the featured milk and is labeled with a creative descriptive name.
Discover the world of white milk
MILK There Is No Substitute!
Have You Had Your
WHITE Milk
Today Yet?
Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or veg * one entrée is ID’d as the entrée of the day is labeled with a creative name next to the point of selection and is the first entrée offered * Creative descriptive names are used for featured items on the monthly menu * One reimbursable meal is identified as the featured combo meal and is labeled with a creative name * The combo meal of the day or featured entrée of the day is displayed on a sample tray of photograph * A combo is offered as a grab n go * Sign show students how to make a reimbursable meal on any service line * Students can pre-order lunch in the morning or day before * Students must use cash to purchase a la carte items * Students have to ask staff for a la carte items * Students are offered a taste test of a new entrée at least once a year
Staff politely prompt students who do not have a full reimbursable meal to select a fruit or veg.
The combo meal of the day or featured entrée of the day is displayed on a sample tray or photograph.
Students can pre-order lunch in the morning or day before.
Today’s Hawk Entrée ...

Finger Licking Good Chicken Drumstick with bun

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.
Signs show students how to make a reimbursable meal on any service line.
Welcome to Canton Cafe

ENTRÉE
* CHOOSE 1
- Chillin Chili Cheese Wrap
- Finger lickin' Good Chicken drumstick w/roll

HOT/COLD VEGGIES
* CHOOSE UP TO 2

ROCKIN REFRIEDED BEANS
- Broccoli cup
- Carroteenies
- Grape tomato
- Side salad cup
- Cucumber cup

SCHOOL LUNCH
$ 2.80

FRUIT/JUICE
* CHOOSE UP TO 2
- Fruit juice
- Daily fresh fruit
- Fruit cup

DAILY FRESH FRUIT

DAILY FRESH FRUIT

SALAD

SANDWICH

MILK
* CHOOSE 1

WHITE

CHOCOLATE

STRAWBERRY
STORMY COMBO’S GET THEM WHILE THEY LAST!!

#saladswithabreadstick&juice
isacompletelunch

Today’s ALL-STAR Menu Options

- TASTY CHEESY BITES
- COMPLEMENTED BY
  - CRUNCHY APPLE
  - DELICIOUS SWEET
  - POTATO CRINKLE FRIES
  - DAIRY FRESH MILK

- DELUXE SUPREME PIZZA
- COMPLEMENTED BY
  - CRUNCHY APPLE
  - DELICIOUS SWEET
  - POTATO CRINKLE FRIES
  - DAIRY FRESH MILK
Cheesy Meatball Sub Sandwich
Yummy Tori Cheesy Pizza Bites

Fresh tiny trees
BROCCOLI
ROMAINE SALAD

Crisp, crunchy, fresh apples
Icy cold FRUIT PUNCH
Creative descriptive names are used for featured items on the monthly menu.
**MEAL-OF-THE-DAY**

<table>
<thead>
<tr>
<th>ENTRÉE</th>
<th>![Hamburger Image]</th>
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</thead>
<tbody>
<tr>
<td>DAIRY</td>
<td>![Milk Image]</td>
</tr>
<tr>
<td>FRUIT</td>
<td>![Watermelon Image]</td>
</tr>
<tr>
<td>VEGGIE</td>
<td>![Carrot Image]</td>
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</tbody>
</table>

*Add a Milk, Fruit & Veggies to your Entrée for the POWER MEAL DEAL!*
LUNCHROOM ATMOSPHERE

Staff smile and greet students upon entering the service line and throughout meal service * Attractive, healthful food posters are displayed in dining and service areas * A menu board with today’s featured meal options with creative names is readable from 5 ft away when approaching the service area * the lunchroom is branded and decorated in a way that reflects the student body * Cleaning supplies or broken/unused equipment are not visible during meal service * All lights in the dining and meal service areas work and are turned on * Compost/recycling and trash cans are at least 5 ft away from dining student * There is a clear traffic pattern. Signs, floor decals or rope lines are used when appropriate * Trash cans are emptied when full * A menu board featuring tomorrow’s meal with creative names is readable from 5 ft in the service or dining area.
Attractive healthful posters are displayed in dining and service areas.
The lunchroom is branded and decorated in a way that reflects the student body.
There is a clear traffic pattern. Signs, floor decals or rope lines are used when appropriate.
Compost/recycling and trash cans at least 5 ft away from dining students
Today and tomorrow’s menu features creative names is displayed and readable from 5 ft.
STUDENT INVOLVEMENT

Student artwork is displayed in the service area or dining space * Students, teachers, or administration announce today’s menu in daily announcements * Students are involved in the development of creative and descriptive names for menu items * Students have the opportunity to volunteer in the lunchroom * Students are involved in the creation of artwork or marketing materials to promote menu items * Students provide feedback to inform menu development
Student artwork is displayed in the service area or dining area.
Students are involved in the creation of artwork or marketing material to promote menu items.
Students provide feedback to inform menu development

Students are involved in the development of creative and descriptive names for menu items.
Monthly menu is posted in the office * Menu board featuring creative names is located in the office * monthly menu is provided to students, families and school staff * Information on the benefits of school meals is provided to school staff annually * Nutrition education is incorporated into the school day * Students engage in growing food * Elementary schools provide recess before lunch * School has applied for the HUSSC * SL strategies are included in the School Wellness Policy
Participation in Food Promotion Programs
Students are engaged in growing food
Local School Wellness Policy Implementation
Under the Healthy, Hunger-Free Kids Act of 2010:
Summary of the Final Rule

What is a local school wellness policy?
A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn.

The wellness policy requirement was established by the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Reauthorization Act of 2004 and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (HFFPA). It requires each LEA participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The final rule expands the requirements to strengthen policies and increase transparency. The responsibility for developing, implementing, and evaluating a wellness policy is placed at the local level, so the unique needs of each school under the LEA’s jurisdiction can be addressed.

Provisions of the Final Rule
On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The final rule requires LEAs to begin developing a revised local school wellness policy during School Year 2016-2017. LEAs must fully comply with the requirements of the final rule by June 30, 2017.

Content of the Wellness Policy
At a minimum, policies are required to include:
• Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.
• Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for:
  • School meal nutrition standards, and the
  • Smart Snacks in School nutrition standards,
  • Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
• Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
• Description of public involvement, public updates, policy leadership, and evaluation plan.

Wellness Leadership
LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

Public Involvement
At a minimum, LEAs must:
• Permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board, and school administrators) in the wellness policy process.

Triennial Assessments
The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years.

LEAs must conduct an assessment of the wellness policy every 3 years. This assessment will determine:
• Compliance with the wellness policy,
• How the wellness policy compares to model wellness policies,
• Progress made in reaching the goals of the wellness policy.

Documentation
The State agency will examine records during the Administrative Review, including:
• Copy of the current wellness policy,
• Documentation on how the policy and assessments are made available to the public,
• The most recent assessment of implementation of the policy, and
• Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

Updates to the Wellness Policy
The final rule requires that LEAs update or modify the wellness policy as appropriate.

Public Updates
The rule requires that LEAs make available to the public:
• The wellness policy, including any updates to and about the wellness policy, on an annual basis, at a minimum, and
• The Triennial Assessment, including progress toward meeting the goals of the policy.

Regulation
The proposed rule was published in the Federal Register, and the 60-day public comment period closed on April 28, 2014. FNS received 57,656 public comments that were considered in developing the final rule.

The final rule was published on July 29, 2016 and can be found online at: http://www.fns.usda.gov/tn/local-school-wellness-policy.

Resources
USDA Food and Nutrition Service’s “School Nutrition Environment and Wellness Resources” Web site has information and resources on:
• Local school wellness policy process,
• Wellness policy elements,
• Success stories,
• Grants/funding opportunities, and
• Trainings.

Check it out http://healthymeals.nal.usda.gov/school-wellness/resources

Model Wellness Policy – Thoroughly reviewed by USDA FNS, the Alliance for a Healthier Generation’s model policy template is in compliance with the requirements set forth in the proposed rule and will be updated per the final rule.

Putting Local School Wellness Policies into Action: Stories From School Districts and Schools – The Centers for Disease Control and Prevention and USDA developed a compilation of 11 stories to help LEAs and schools implement wellness policies.

National Wellness Study Briefs – Bridging the Gap’s research briefs highlight areas of opportunity for State agencies, LEAs, and schools to strengthen wellness policy components.

USDA Food and Nutrition Service