



## Smarter Lunchrooms Staff Training: Lunch Line Redesign

*...because your people make the difference.*

Objective: Identify areas of opportunity for change in your school lunchroom. This fun, creative, hands-on activity aligns with the first two steps (Diagnose and Prescribe) of the DPIE Smarter Lunchrooms Makeover process. This workshop will work with many stakeholder groups: lunchroom staff, SNAC members, school administration, PTA, mixed stakeholder groups, etc.

### Materials:

- Option A: posters or foam board (1 per table/group), tacky adhesive or tape, paper models of lunchroom pieces and items (laminated if possible, one set per table/group)
  - Create paper models by hand or by using MS Word, MS Powerpoint, MS Publisher, another computer program. Simple labeled shapes (ex.: rectangles for hot and cold lines, round or octagonal forms for tables, etc.) are sufficient, although you may be as creative as you wish. Try to keep the scale of the shapes uniform and appropriate to the size of the posterboards, which should represent the entire lunchroom space.
  - The Suggested Lunchroom Items list appears at the end of this lesson plan, but feel free to add or change the options to better represent your space(s).
  - Post-its and pens/pencils
- Option B: posterboard or large paper, colorful markers (thick line for visibility)
- Option C: premade and printed copies of lunchroom model(s), colorful thin line markers or pencils
  - Using the Option A instructions, pre-design the lunchroom model(s). Print copies on 8x11 or 11x14 paper. Distribute them to the participants.
- All: blackboard/chalk, whiteboard/markers, or large paper/markers to record group's ideas
- Optional: reference material with SLM techniques:
  - SLM Best Practices matrix
  - Quick and Easy SLM Techniques worksheet/flyer
  - Sheila Hoyt testimonial/article, "Serving Up Health & Happiness / Sheila's Secrets"

Time: 25-30 minutes





Procedure:

*Before you begin:* This activity assumes participant knowledge of Smarter Lunchrooms Makeover techniques. You may wish to distribute copies of suggested changes for participants to use as reference material: SLM best practices matrix, Quick and easy SLM Techniques worksheet/flyer, and/or the Sheila Hoyt testimonial/article. These materials are all available on [www.SmarterLunchrooms.org](http://www.SmarterLunchrooms.org).

1. Assemble and welcome the participants. Introduce the workshop: "Today we will study our existing lunchroom design, identify areas of opportunity for using Smarter Lunchrooms makeover techniques, and make recommendations for our lunchroom."
2. Divide participants into groups of 3-6 participants. Give each group art materials for representing a lunchroom (Option A, B, or C).
3. Give instructions for representing their lunchroom(s) as exactly as possible within the time constraints, with the focus being on completion and scale accuracy, not artistic detail. If participants are from multiple schools, ask them to choose **one** school to represent (not to blend or imagine a space).
  - Option A or B: Instruct participants to use the lunchroom items models to represent their chosen lunchroom as accurately as possible.
    - Include hot and cold lines (entrees, milk coolers with white and flavored milks, other beverages, snack stands, refrigerated coolers, sliders, fruit and vegetable stations, etc.), snack windows, condiment areas, tray and cutlery pickup and return, trash cans, cleaning materials, Lost & Found area, cashiers/POS stations, recycling and compost areas, vending machines, tables, bulletin boards, menu boards, signs/posters, windows, entrances and exits, stage/performance space, traffic flow patterns, staff or lunchroom monitors' positions, and any other notable items within the lunchroom serving and dining space. Let groups work for ~10 min.
    - Suggestion: post a list of these items/areas for participants' reference or print out the list at the end of this lesson and distribute to the groups along with the art supplies.
  - Option C: Instruct participants to add details to their model lunchroom using the markers. Use one color for food options (white and flavored milk, other beverages, fruits, vegetables, snacks, entrees, etc.), another for furniture and traffic flow, and a third for people and signs. Let groups work for ~5 min.
4. Diagnose: Instruct groups to identify 6-10 areas of opportunity in which SLM techniques could be applied to encourage students to take, eat, and/or enjoy healthy food in the lunchroom. Specifically, look for problem areas relating to foods (milk, fruits, vegetables, targeted entrees, competitive foods), service (student/staff interaction, menus, signage), and atmosphere/taste expectations (menus, signage, placement of furniture/trash/etc.). Let groups work for ~5 min.





5. Prescribe: Instruct groups to prescribe 4-6 (or more) SLM techniques with which to address these areas of opportunity. Changes can be written on Post-Its and/or shown by moving items (Option A) or drawn in with a marker (Option B or C). Let groups work for ~5 min.
6. Let groups share their work with the entire group. One spokesperson per group should explain their areas of opportunity and prescribed changes. The workshop leader or other facilitator should record the prescribed changes on the blackboard/whiteboard/large paper, etc. ~10 min.
7. Call for an informal poll (by show of hands, written ballot, or other method, per the workshop leader's preference): *Which of these techniques do you most strongly support implementing in the lunchroom?* Record votes on the blackboard/whiteboard/large paper.
8. Thank the participants. Incorporate the 3 or more of most popular interventions in your Smarter Lunchrooms Makeover plan.





**Lunchroom Redesign Lunchroom Features to include in posters (not an exclusive list):**

hot lines, cold lines, and snack windows

entrees

milk coolers with white and flavored milks

other beverages

snack stands

refrigerated coolers

sliders

fruit

vegetables

condiment area

tray and cutlery pickup and return

trash cans, cleaning materials, and recycling and compost areas

Lost & Found area

cashiers/POS stations

vending machines

tables

bulletin boards

menu boards, signs, and posters

windows

entrances and exits

stage/performance space

traffic flow patterns

staff or lunchroom monitors' positions

any other notable items within the lunchroom serving and dining space

