

+ Stepping into Montana's Smarter Lunchrooms



Belgrade School District, Belgrade High School

Smarter Lunchrooms Principles Used:

1. Increase convenience
2. Improve visibility
3. Enhance taste expectations



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Goals:

- ⇒ Increase the amount of fruits and vegetables selected and eaten by students.
- ⇒ Try several Smarter Lunchroom's principles to improve the lunchroom environment.
- ⇒ Engage students in the process of creating a Smarter Lunchroom.

Action:

- ⇒ Repositioned the salad bar to allow students' self-selection on both sides. Promoted choices through offering a variety of colorful, and appealing fresh fruits and vegetables on the salad bar.
- ⇒ Served a Chinese meal in Chinese takeout boxes. The high school students loved it!
- ⇒ Branded the cafeteria by naming it after the school mascot. Go Panthers!
- ⇒ To entice students to take more beans, the staff started serving refried beans in a popular Tostada bowl rather than offering just a plain scoop of beans.

Results:

- ⇒ Smarter Lunchrooms Self-Assessment Score Card increased by 19 points from spring to fall 2016 creating a cafeteria that significantly nudges students to make a healthy choice.
- ⇒ Students using the salad bar are taking an additional 3.5 pounds total (or 1/3 cup per student) of romaine lettuce/fresh spinach mix daily.
- ⇒ Staff reported having a positive experience in working with students to assess and improve the meal environment.

Next Steps:

- ⇒ Conduct taste testing of new products with students.
- ⇒ Create signage with enticing photos to promote Grab and Go options.
- ⇒ Create and display eye-appealing signage in high traffic areas to promote the daily lunch menu.
- ⇒ Incorporate additional student art work as décor in the cafeteria.

Developed by Candace Garner, MS, MSU Dietetic Intern, September 2016



Montana Team Nutrition Program

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