

Massachusetts Smarter Lunchrooms Movement

We are a Massachusetts Smarter Lunchrooms School!

What is Smarter Lunchrooms?

The Smarter Lunchrooms Movement originated at the Cornell



University Center for Behavioral Economics in Child Nutrition Program. It promotes the use of simple, low-cost and no-cost changes to the lunchroom environment to get more students to take and eat the healthy foods that we provide to all students in our school. Here are a few examples of Smarter Lunchrooms strategies:

- *Create a convenience line for grab and go reimbursable meals*
- *Add fruit to an additional location on the service line*
- *Use creative and descriptive names for vegetables*

Why do we use Smarter Lunchrooms strategies in our school?

Healthier eating is associated with improvements in health, morale, and academics. Greater participation in the National School Lunch Program results in more reimbursable meals and increased revenue for lunchrooms. With Smarter Lunchrooms we aim to make the healthy choice the easy choice!

What makes the Massachusetts Smarter Lunchrooms Movement unique?

The Office for Food and Nutrition Programs at the Massachusetts Department of Elementary and Secondary Education in collaboration with The John C. Stalker Institute of Food and Nutrition at Framingham State University provide our school with a certified Smarter Lunchrooms coach to help us set and achieve Smarter Lunchrooms goals.

Has Smarter Lunchrooms been successful in Massachusetts?

Yes! In the first year of the Massachusetts Smarter Lunchrooms Movement, with funding from a USDA Team Nutrition Grant, the Smarter Lunchrooms scores for participating schools increased by 24%. Vegetable consumption in Smarter Lunchrooms schools increased by 27%. One hundred percent of participating Smarter Lunchrooms schools rated their experience with this initiative as "Very Satisfied" or "Satisfied".



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY