



WASHINGTON  
**SMARTER**  
LUNCHROOMS  
TOOLKIT

**SMARTER**  
**SCHOOLS**  
**EDITION**

A GUIDE FOR TEACHERS AND ADMINISTRATORS



**Food \$ense**

WASHINGTON STATE UNIVERSITY  
EXTENSION

This publication was created by the Office of Superintendent of Public Instruction Child Nutrition Services as a part of a U.S. Department of Agriculture Team Nutrition Grant



This Project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the views of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

Smarter Lunchrooms is a program of the Cornell Center for Behavioral Economics in Child Nutrition.

Bianca Smith, MDA, RD  
Office of Superintendent of Public Instruction  
Child Nutrition Services  
State of Washington

Smarter Schools Edition designed by Shaila Abdullah // [myhouseofdesign.com](http://myhouseofdesign.com) // [info@myhouseofdesign.com](mailto:info@myhouseofdesign.com)

You may freely use all text and information contained in this document for non-profit or educational use. All images, with the exception of other organizations' branded logos, are copyrighted images and may not be replicated or shared. This toolkit and its individual pages may be printed in unlimited quantities without permission from Office of Superintendent of Public Instruction.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- 1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights,  
1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- 2) fax: (202) 690-7442; or
- 3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

The background is a light green color with a repeating pattern of faint, stylized icons of fruits, vegetables, and sports equipment. Scattered around the page are various colorful illustrations: a soccer ball, a baseball glove, a whistle, a basketball hoop, a trophy, a basketball, a water bottle, a ruler, a baseball, an apple, a watermelon slice, carrots, celery, broccoli, a football, a watermelon slice, raspberries, blueberries, strawberries, orange slices, and a tennis racket.

# Table of Contents

Introduction / **4**

Smarter School Self-Assessment Scorecards / **6**

Smarter Schools Poster / **9**

Nutrition Education Guide / **10**

Alternative School Discipline Options  
to Withholding Recess / **11**

Healthy Non-Food Rewards / **12**

School Meals: Did You Know...? / **14**

SNAC Lesson Plan / **15**

Getting Recognized / **16**

Free Materials and Resource Guide / **17**



# INTRODUCTION

## Welcome to the Smarter Lunchrooms Movement!

This toolkit is designed for school teachers and administrators and supplements the Washington Smarter Lunchrooms Toolkit. The Smarter Lunchrooms Toolkit helps schools make simple changes to the lunchroom environment that encourage students to make healthier choices during school meals. The Smarter Schools edition of the toolkit helps schools take the next step with school-wide health promotion and school recognition.

Research shows that students with healthier eating patterns and regular physical activity tend to perform better academically<sup>1,2</sup>. This toolkit contains a collection of concepts identified through extensive research that can help schools teach and reinforce healthy behaviors to students. With a smarter school environment, your school team can have an even greater impact on your students' academic success.

Schools that create both Smarter Lunchrooms and "Smarter" school environments may qualify for a HealthierUS School Challenge award at either the bronze, silver, gold, or gold award of distinction level. This award gives schools national recognition and financial incentives for their achievement in creating a healthier school environment.

This toolkit contains materials and resources that will help make the creation of your smarter school environment more manageable. Follow the steps below to get started!

1

## PRE-ASSESS YOUR SCHOOL

Begin your school pre-assessment by completing the Self-Assessment Scorecards. These scorecards outline all of the Smarter Schools criteria. Use your overall score as a pre-assessment measure of your school environment. See the following tools to help with school assessment:

- Smarter School Self-Assessment Scorecard for Teachers, page 6
- Smarter School Self-Assessment Scorecard for Elementary School, page 7
- Smarter School Self-Assessment Scorecard for Middle School and High School, page 8

2

## MAKE A PLAN

Review your scorecards to determine the areas in which you are excelling and those that need improvement. Have a discussion with your team to decide which areas you want to work on and a timeline for making changes.

To keep your team on track, post your Smarter School goals in a place where everyone will see them on a regular basis, such as the staff lounge or by the copy machine.

3

## CREATE A SMARTER SCHOOL

Make changes to your school environment. It is recommended that major changes be initiated before the start of a new school year. See the following resources for tips and ideas to help you along the way:

- Smarter Schools Poster, page 9
- Nutrition Education Guide, page 10
- Alternative School Discipline Options to Withholding Recess, page 11
- Healthy Non-Food Rewards, page 12
- School Meals: Did You Know...?, page 14
- SNAC in the Classroom Lesson Plan, page 15

4

## GET RECOGNIZED

Team up with your school's Smarter Lunchroom team. Once you meet all of the criteria for at least the bronze award level on the Smarter Schools Self-Assessment scorecard and the Smarter Lunchrooms Self-Assessment scorecard, your school can apply for the HealthierUS School Challenge.

- Getting Recognized, page 16

6

## REASSESS YOUR SCHOOL

Assess your school again after you have implemented some Smarter School elements. Complete the Self-Assessment Scorecard again and encourage teachers to reassess their own classroom. It is recommended that schools complete the assessment every year to monitor their progress. Share your success with your school, parents, and your community.

### References:

1. Persch AC, Lamb AJ, Metzler CA, Fristad MA. Healthy Habits for Children: Leveraging Existing Evidence to Demonstrate Value. *Am J Occup Ther.* 2015;69:6904090010p1..
2. Hayes D, Spano M, Donnelly JE, Hillman CH, Kleinman R. Proceedings of the Learning Connection Summit: Nutrition, Physical Activity, and Student Achievement. *Nutrition Today.* 2014; 49(1):18-24.



## SMARTER SCHOOL SELF ASSESSMENT

# SCORECARD FOR TEACHERS

**Instructions:** Complete this checklist to assess the health-promoting factors of your classroom. Total your score and write the number at the bottom. The unchecked boxes are areas for you to consider implementing in the future. Each section includes tips on how to improve your score in that focus area. Complete the assessment again each year to see if your score improves!

### NUTRITION EDUCATION

- Nutrition topics are incorporated into at least one unit of instruction per year (elementary school only)
- Team Nutrition curricula and materials are used in the classroom (elementary and middle school only)
- Parents receive information about nutrition topics at least once per year (elementary school only)
- When using food in a learning activity, only healthier foods are used (i.e. dry beans are used instead of candy)

Go to the resource library on the Team Nutrition website to order free nutrition curricula that meet common core standards. See <http://www.fns.usda.gov/tn/resource-library>

### PHYSICAL ACTIVITY

- Physical activity is neither denied nor required as a means of punishment (i.e. recess is never withheld when a student misbehaves or does not complete an assignment on time)
- Physical activity breaks are offered daily in the classroom
- Physical activity is used as a classroom reward option in addition to planned physical activities

See the handout “Alternative School Discipline Options to Withholding Recess” on the OSPI website at [www.k12.wa.us/ChildNutrition/Programs/NSLBP/SmarterLunchrooms.aspx](http://www.k12.wa.us/ChildNutrition/Programs/NSLBP/SmarterLunchrooms.aspx)

### CLASSROOM REWARDS AND CELEBRATIONS

- Parents are encouraged to bring healthier treats to share for birthdays and other classroom parties, such as yogurt parfaits, veggie trays, and fruit smoothies
- Students are given the option to celebrate their birthday using non-food rewards and activities
- At least half of the classroom celebrations each year do not involve food
- Students are never rewarded for behavior or academic performance with food

For ideas, see the “Healthy Non-Food Rewards” handout on page 15 or on the OSPI website at [www.k12.wa.us/ChildNutrition/Programs/NSLBP/SmarterLunchrooms.aspx](http://www.k12.wa.us/ChildNutrition/Programs/NSLBP/SmarterLunchrooms.aspx)

### HEALTHY ROLE MODELING

- Teacher and teaching aides never consume less healthy foods, such as soda, chips, and cookies, in front of students
- Teacher verbally promotes healthier foods and physical activity to students
- If teacher or teaching aides bring in snacks to share with the class, they are healthy choices, such as fruits, vegetables, and whole grains

To learn more about nutrition and physical activity needs of kids and adults, visit [choosemyplate.gov](http://choosemyplate.gov).

SCORE: \_\_\_\_\_ / 14

DATE: \_\_\_\_\_

# SCORECARD FOR ELEMENTARY SCHOOL

**Instructions:** Complete this checklist to assess the health-promoting factors of your school environment. Unless another award level is indicated, all items are required to meet minimum requirements for a HealthierUS School Challenge: Smarter Lunchrooms award at the bronze level. There are additional requirements that must be met by the school meals programs to qualify for an award (see the HUSSC: SL criteria at <http://www.fns.usda.gov/hussc/application-criteria-and-guidance>). Total your score and write the number at the bottom. The unchecked boxes are areas for you to consider implementing in the future. Complete the assessment again each year to see if your score improves!

## NUTRITION EDUCATION

- Nutrition education is offered to all full-day students in all grade levels using Team Nutrition materials
- Nutrition education is provided through multiple channels of communication (ie. classroom, cafeteria, home/parents)

## SMART SNACKS AND FUNDRAISERS

- The school does not advertise foods that are not compliant under Smart Snacks criteria (no signage or equipment advertising specific non-compliant products)
- If food and beverages are sold to students at after school events, then water, fruits, and/or vegetables are also offered **(Gold)**
- 50% of school sponsored fundraisers are non-food or meet Smart Snacks criteria **(Gold Award of Distinction)**

## SCHOOL ENVIRONMENT

- School is registered as a Team Nutrition School
- School can check off at least 30 items on the Smarter Lunchrooms Self-Assessment scorecard
- School demonstrates a commitment to prohibit the use of food as a reward.
- School can check off at least 50 items on the Smarter Lunchrooms Self-Assessment scorecard **(Silver/Gold)**
- School can check off at least 70 items on the Smarter Lunchrooms Self-Assessment scorecard **(Gold Award of Distinction)**

## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

- There are at least 45 minutes of structured P.E. per week
- The school offers students opportunities for physical activity outside of structured P.E. time (ie. recess, walk to school program, school events)
- Physical activity is neither denied nor required as a means of punishment.
- There are at least 90 minutes of structured P.E. per week **(Silver/ Gold)**
- There are at least 150 minutes of structured P.E. per week **(Gold Award of Distinction)**

## OTHER CRITERIA FOR EXCELLENCE

Must select at least:

**Bronze:** 2 out of 12 options

**Gold:** 6 out of 12 options

**Silver:** 4 out of 12 options

**GAD:** 8 out of 12 options

- School has implemented innovative practices to increase School Breakfast Program participation, such as Breakfast in the Classroom, Grab and Go options, or vended reimbursable breakfasts.
- School operates an afterschool program that offers an afterschool snack or an at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP).
- If percentage of free or reduced students is 50% or more, Summer Food Service Program is available.
- Implement the Community Eligibility Provision (CEP), if economically feasible.
- Provides annual training to before and after school program staff on physical activity and nutrition.
- All school staff receive annual training on wellness policies and ways to promote nutrition and physical activity.
- School partners with one or more community groups or SNAP Education providers to promote wellness.
- Students are engaged (via student advisory council, student wellness team, or similar student interest groups) in wellness efforts and have the opportunity to provide input on school food, marketing of school meals, and physical activity options.
- School informs public on amount of time allotted for eating lunch and solicits input from students and community members on the amount of time that is adequate for eating lunch.
- The school offers an afterschool class, workshop or club for students or families focused on healthy cooking techniques. These types of events could take place weekly, monthly, quarterly, or seasonally.
- School is implementing at least one aspect of the Farm to School initiative.
- School has joined the U.S. Food Waste Challenge to recognize efforts to reduce food waste.

**SCORE:** \_\_\_\_\_ / 27

**DATE:** \_\_\_\_\_

## SMARTER SCHOOL SELF ASSESSMENT

# SCORECARD FOR MIDDLE SCHOOL AND HIGH SCHOOL

**Instructions:** Complete this checklist to assess the health-promoting factors of your school environment. Unless another award level is indicated, all items are required to meet minimum requirements for a HealthierUS School Challenge: Smarter Lunchrooms award at the bronze level. There are additional requirements that must be met by the school meals programs to qualify for an award (see the HUSSC: SL criteria at <http://www.fns.usda.gov/hussc/application-criteria-and-guidance>). Total your score and write the number at the bottom. The unchecked boxes are areas for you to consider implementing in the future. Complete the assessment again each year to see if your score improves!

### NUTRITION EDUCATION

- Middle School: Nutrition education is offered in at least one grade during the school year; curriculum must incorporate the latest Dietary Guidelines, MyPlate, and Team Nutrition materials
- High School: Nutrition education is offered in two courses required for graduation; curriculum must incorporate the latest Dietary Guidelines and MyPlate
- Nutrition education is provided through multiple channels of communication (ie. classroom, cafeteria, home/parents)
- Middle Schools: Nutrition education is offered in at least two grades (**Gold/Gold Award of Distinction**)

### SMART SNACKS AND FUNDRAISERS

- The school does not advertise foods that are not compliant under Smart Snacks criteria (no signage or equipment advertising specific non-compliant products)
- If food and beverages are sold to students at after school events, then water, fruits, and/or vegetables are also offered (**Gold**)
- 50% of school sponsored fundraisers are non-food or meet Smart Snacks criteria (**Gold Award of Distinction**)

### SCHOOL ENVIRONMENT

- Registered as a Team Nutrition School
- School can check off at least 30 items on the Smarter Lunchrooms Self-Assessment scorecard
- School demonstrates a commitment to prohibit the use of food as a reward.
- School can check off at least 50 items on the Smarter Lunchrooms Self-Assessment scorecard (**Silver/Gold**)
- School can check off at least 70 items on the Smarter Lunchrooms Self-Assessment scorecard (**Gold Award of Distinction**)

### PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

- For all award levels, structured physical education is offered to at least two grades (middle school) or courses (high school)
- The school offers students opportunities for physical activity outside of structured P.E. time (ie. intramural sports, walk to school program, school events)
- Physical activity is neither denied nor required as a means of punishment

### OTHER CRITERIA FOR EXCELLENCE

Must select at least:

**Bronze:** 2 out of 12 options

**Gold:** 6 out of 12 options

**Silver:** 4 out of 12 options

**GAD:** 8 out of 12 options

- School has implemented innovative practices to increase School Breakfast Program participation, such as Breakfast in the Classroom, Grab and Go options, or vended reimbursable breakfasts.
- School operates an afterschool program that offers an afterschool snack or an at-risk afterschool meals component of the Child and Adult Care Food Program (CACFP).
- If percentage of free or reduced students is 50% or more, Summer Food Service Program is available.
- Implement the Community Eligibility Provision (CEP), if economically feasible.
- Provides annual training to before and after school program staff on physical activity and nutrition.
- All school staff receive annual training on wellness policies and ways to promote nutrition and physical activity.
- School partners with one or more community groups or SNAP Education providers to promote wellness.
- Students are engaged (via student advisory council, student wellness team, or similar student interest groups) in wellness efforts and have the opportunity to provide input on school food, marketing of school meals, and physical activity options.
- School informs public on amount of time allotted for eating lunch and solicits input from students and community members on the amount of time that is adequate for eating lunch.
- The school offers an afterschool class, workshop or club for students or families focused on healthy cooking techniques. These types of events could take place weekly, monthly, quarterly, or seasonally.
- School is implementing at least one aspect of the Farm to School initiative.
- School has joined the U.S. Food Waste Challenge to recognize efforts to reduce food waste.



# SMARTER SCHOOLS



1

**Work together**  
to create a healthier  
school environment.

2

**Walk the talk**  
by modeling healthy  
choices to students.



3

**Make a difference**  
in students' lives by affecting  
their academic success and  
lifelong health.

# NUTRITION EDUCATION GUIDE

Washington Team Nutrition schools agree that nutrition education in the classroom enhances students' enthusiasm for nutrition and increases the effectiveness of Smarter Lunchrooms in schools. Below are some free nutrition education curricula for all grade levels. More nutrition education materials are listed in the Free Materials and Resources Guide on page 17.

## DISCOVER MYPLATE

These lessons and materials help teachers integrate nutrition education into Math, Science, English Language Arts, and Health. Supplemental activities and other materials are also available online.

GRADE LEVELS	DURATION OF LESSONS	NUMBER OF LESSONS
Kindergarten	1.5–3.5 hours	6



## SERVING UP MYPLATE

These lessons and materials help teachers integrate nutrition education into Math, Science, English Language Arts, and Health. Parent newsletters, posters, and additional activities are also available.

GRADE LEVELS	DURATION OF LESSONS	NUMBER OF LESSONS
1st–6th	30 minutes–hour	9 per age group level

### Get Discover MyPlate, Serving Up MyPlate Materials, and More:

Order Online for Delivery to Your School: <http://pueblo.gpo.gov/TN/TNPubs.php>

Print Your Own Copies Now: <https://pueblo.gpo.gov/FNS/FNSPubs.php>

## MATERIALS FOR MIDDLE AND HIGH SCHOOL

These lessons and materials help teachers integrate nutrition education into health classes, culinary education, and after school programs.

### Access Middle and High School Materials

<http://healthymeals.nal.usda.gov/nutrition-education-9>

# ALTERNATIVE SCHOOL DISCIPLINE OPTIONS TO WITHHOLDING RECESS

In a national survey of principals, more than three-quarters state that students in their schools are punished by withholding recess.<sup>1</sup> Evidence shows that this is the wrong tactic to improve student performance. Taking physical activity away from children decreases their attention spans and ability to focus in the classroom and increases behavior problems and trips to the principal's office.<sup>2,3,4</sup> Furthermore, with today's childhood obesity epidemic, it is more important than ever for children to be physically active throughout the school day. According to the CDC, children need 60 minutes of physical activity each day. Recess can help students reach that important health goal.<sup>5,6,7</sup>

## ALTERNATIVE DISCIPLINE OPTIONS

- Child gets a strike for each time he/she misbehaves. Have a different consequence for each strike (i.e., strike 1: warning, strike 2: parent receives a call from the teacher, strike 3: child is sent to the principal's office)
- Student must write a letter of apology or essay explaining what he/she did wrong
- Student is given extra homework
- Have the student and teacher call home together to report misbehavior to family
- Send a note about misbehavior home, have it signed by parent and return it the next school day (try to involve parents with improving student's behavior)
- Stay late after school/afterschool detention or study hall
- Have the student miss a class trip or school event if he/she cannot behave properly

Adapted from "Alternative School Discipline Options to Withholding Recess". Center for Science in the Public Interest. (Revised July 2016).

### References:

1. Robert Wood Johnson Foundation (RWJF). The State of Play: Gallup survey of principals on school recess, Princeton, NJ: RWJF, 2010. <http://www.playworks.org/files/StateOfPlayFeb2010.pdf>
2. Centers for Disease Control and Prevention. The Association between School-Based Physical Activity, Including Physical Education, and Academic Performance, Atlanta, GA: U.S. Department of Health and Human Services, 2010.
3. Turner L, Chaloupka FJ, Chiriqui JF and Sandoval A. School Policies and Practices to Improve Health and Prevent Obesity: National Elementary School Survey Results. Princeton, NJ: Bridging the Gap, Robert Wood Johnson Foundation, 2010. <http://www.rwjf.org/files/research/bridgingthegap20101123monographrevised.pdf>
4. Centers for Disease Control and Prevention. State-Level School Health Policies and Programs Study (SHPPS), Atlanta, GA: U.S. Department of Health and Human Services, 2006.
5. Shore SM, Sachs ML, Lidicker JR, et al. (2008). Decreased Scholastic Achievement in Overweight Middle School Students. *Obesity*, vol. 16, pp. 1535–1538.
6. Geier AB, et al. (2007). The Relationship between Relative Weight and School Attendance. *Obesity*, vol. 15, pp. 2157–2161.
7. Centers for Disease Control and Prevention. Physical Activity for Everyone: How much physical activity do children need? Atlanta, GA: U.S. Department of Health and Human Services, 2011. [www.cdc.gov/physicalactivity/everyone/guidelines/children.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html)
8. Jarrett OS, et al (1998). Impact of Recess on Classroom Behavior: Group effects and individual differences. *Journal of Educational Research*, vol. 92, pp. 121–126.
9. Ridgway A, et al. (2003). Effects of Recess on the Classroom Behavior of Children with and without Attention-Deficit Hyperactivity Disorder. *School Psychology Quarterly*, vol. 18, pp. 253–268.
10. Pellegrini AD, Bohn CM. (2005). The Role of Recess in Children's Cognitive Performance and School Adjustment. *Educational Researcher*, vol. 34, pp.13–19.



## Benefits of Recess

- Improves attention and reduces fidgeting later in the school day
- Provides a mental and physical break from the academic challenges of the school day
- Allows students to be active and release energy
- Creates an opportunity for students to be social and use their imagination

## More Tips

- **Include students** in establishing expectations
- **Be consistent** with enforcing behavior expectations
- **Reinforce positive behavior** with non-food rewards and recognition

See the "Healthy Non-Food Rewards" handout on pages 12–13 for ideas.



# HEALTHY NON-FOOD REWARDS

Food rewards contradict the efforts of nutrition education, add empty calories to kids' diets, and encourage kids to eat when they aren't hungry.<sup>1</sup> To help ensure healthier futures for students, it is important for schools to implement policies that discourage the use of food as a reward.

There are plenty of non-food rewards that schools can use to promote healthy habits. Some of these rewards include recognition, fun physical activities, and special privileges that are appropriate for each age-group. Review the non-food reward ideas listed below for elementary school students, middle school students, high school students, and PTA/PTO events.



## Elementary School Students

- Colorful pencils, erasers, stickers, toys
- Play dance video games in class
- Drawings or raffles for a prize
- Show and tell
- Extra free time
- Classroom points system
- Special dress day (like PJs)
- Have lunch or breakfast in the classroom
- Extra recess time or special physical activity
- Choice of music for study time
- Certificates or ribbons
- Student of the month
- Special section in the announcements
- Special event
- Have class outdoors
- Photo board
- Fun movie
- Sit with friends



### Kids Like Non-Food Rewards

Some teachers may worry that their students won't respond well to non-food rewards. The truth is, many teachers have successfully implemented non-food reward systems in their classroom that work. Using points systems and classroom banking systems can be very effective and can teach students about financial management at the same time. See page 18 for more information about free online banking systems for classrooms.



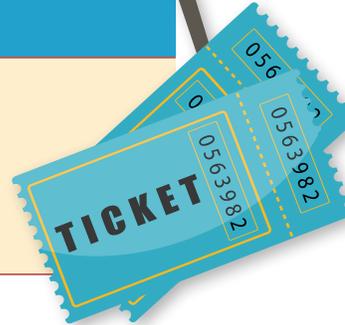
## Middle School Students

- Fun movie
- Sit with friends
- Listen to music while working at desk
- “No homework” pass
- Extra credit
- Earn points for privileges or non-food items
- Computer time
- Chat time at the end of class
- Field trips
- Eat lunch outside or have class outside

**NO  
HOMEWORK**

## High School Students

- Pep rally
- Recognition on morning announcements
- Tickets to school events
- Drawings for donated prizes
- Extra credit
- Fun movie
- Reduced homework
- Late homework pass



## PTO/PTA

- Water bottles
- Hike or group trip to a kids’ fun place
- School-branded apparel
- Raffle for bigger prizes, such as a bike
- Movie passes
- Pool party
- Special time with a teacher
- Bingo party with non-food prizes

“ Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It’s like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening.”

—Marlene Schwartz, PhD, Co-Director  
Rudd Center for Food Policy and Obesity,  
Yale University



Adapted from “Healthy Non-Food Rewards,” Action for Healthy Kids, November 2011 (Revised September 2015).

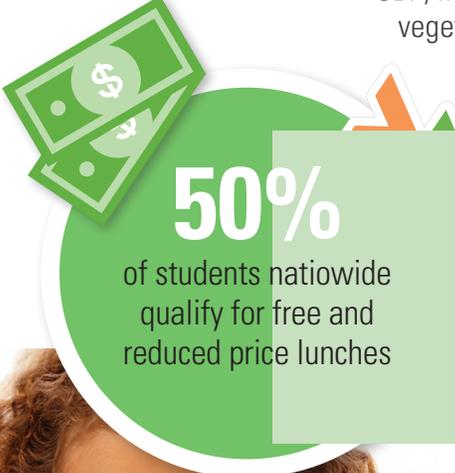
1. Baylis, M.S. et al. “School Wellness Policies Addressing Use of Food as a Reward.” *Journal of the Academy of Nutrition and Dietetics*, 2007, vol. 107, Iss. 8, A21.

2. “Alternatives to Food Rewards,” Connecticut State Department of Education, May 2005.

# SCHOOL MEALS: DID YOU KNOW...?

## Schools operating the National School Lunch and School Breakfast Programs must serve meals that align with the Dietary Guidelines for Americans.

School meals served under the National School Lunch and Breakfast Programs (NSLP and SBP) must meet strict nutrient requirements. Meals must offer a variety of fruits and vegetables, whole grains, and fall under sodium and saturated fat limits. Additionally, meals must fit within age-appropriate calorie ranges for each age group.<sup>1</sup>



**50%**

of students nationwide qualify for free and reduced price lunches

Many of these children depend on school meals to receive the nutrition they need to learn. Children from families with incomes at or below 130 percent of the poverty level are eligible for free meals. Those with family incomes between 130 percent and 185 percent of the poverty level are eligible for reduced price meals.<sup>1</sup> Income eligibility of students' families is re-evaluated each school year.

## Meals students bring from home tend to be less nutritious than school meals served under the National School Lunch and School Breakfast Programs.

Research has found that lunches students bring from home are higher in calories, saturated fat, and sugar, and are lower in fiber, protein, vitamin A, and calcium than school meals.<sup>2</sup> Overall, school meals tend to have better nutritional quality than foods brought from home. School meals are planned with a focus on:

- Whole grains
- Lean protein
- Low-fat dairy and
- A variety of fruits and vegetables



Creating a Smarter Lunchroom can help schools reduce tray waste by up to

**70%**

Making a few small changes to the lunchroom environment using Smarter Lunchrooms concepts can make a big difference in the foods students select and consume. As a result, some Smarter Lunchroom schools have reduced food waste by up to 70 percent.<sup>3</sup>

### References

1. The National School Lunch Program. United States Department of Agriculture; 2013:1,2. Available at: <http://www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf>. Accessed July 20, 2016.
2. Farris A, Misyak S, Duffey K et al. Nutritional Comparison of Packed and School Lunches in Pre-Kindergarten and Kindergarten Children Following the Implementation of the 2012–2013 National School

Lunch Program Standards. *Journal of Nutrition Education and Behavior*. 2014;46(6):621-626. doi:10.1016/j.jneb.2014.07.007.

3. Reducing Food Waste: What Schools Can Do Today. United States Department of Agriculture; 2015:1. Available at: <http://www.fns.usda.gov/sites/default/files/cnd/Infographic-food-waste.pdf>. Accessed July 21, 2016.

## LESSON PLAN

# SNAC IN THE CLASSROOM

## INTRODUCTION

Explain to the class that they will have the opportunity to talk about the school lunchroom and share some of their ideas for making the lunchroom and school meals more enjoyable.

## ENGAGE

Ask students to think of their favorite place to eat a meal. It could be their own kitchen, their grandma's house, a favorite restaurant, a sunny park, or the school lunchroom. Allow students to pair up with another student and share their thoughts.

Next, ask students to close their eyes and visualize that place. How does it look, smell, and sound? How do people act there? How do you feel when you are there? What is the food like? Why do you like it so much? What is the environment like? Allow students to pair up with another student and share their thoughts.

Ask students to think of ways we can create this same environment in the school lunchroom. Ask for students to share their ideas with the class.

## ACTIVITY

Explain to students that the school is creating a Smarter Lunchroom to help encourage students to select healthier choices and increase the number of students that eat school lunches. Tell them their feedback will help guide the changes made in the lunchroom.

Provide a large sheet of paper or a section of the whiteboard labeled with the questions below. Provide each student with 4 sticky notes or four scratch pieces of paper. Ask students the questions and have them come up with two ideas for each question and write it on a sticky note. Have students put their sticky notes on the corresponding sheet of paper/section of the whiteboard. Read some student ideas out loud to the class.

1. What do you like about the lunchroom?
2. How can we improve student involvement in the lunchroom?
3. How can we improve the lunchroom environment/atmosphere?
4. How can we improve the menu?

Thank the students for their feedback. Share the student feedback with the school food service director or other personnel in charge of the Smarter Lunchrooms Design in your school.

**Length:** 30 minutes

**Grade Level:** 5th–8th

**Objective:** Students will engage in self-reflection and provide feedback on school meals and the lunchroom atmosphere.



**Forming a Student Nutrition Action Council (SNAC) is a great way to gather input from students about the lunchroom.**



# GETTING RECOGNIZED

## SAMPLE MEDIA RELEASE

Share your Smarter Lunchrooms efforts with your local community. Getting recognized can be as simple as sending out a media release to your local newspaper. For guidelines on creating a media release, see the Free Materials and Resources Guide under the “School Recognition” section for the PDF link.

## HEALTHIERUS SCHOOL CHALLENGE: SMARTER LUNCHROOMS

Do you want your school to get nationally recognized for your efforts in the areas of nutrition and physical activity? If you apply for the HealthierUS School Challenge: Smarter Lunchrooms (HUSCC: SL), not only could your school receive an award, but your school’s nutrition program could also earn financial incentives (see the award levels below). Plus, your school would get bragging rights in the district for all your hard work!

### What are the Requirements for Becoming a HealthierUS School?

- Register as a Team Nutrition School Online
- Meet School Meals Programs Standards
- Meet Average Daily Meal Participation Requirements
- Meet School Wellness Policy Standards
- Meet Nutrition Education Standards
- Meet Physical Education Standards
- Meet Smart Snacks Criteria
- School Maintains Award Eligibility at Least 4 Years Following Receipt of Award

To learn more, visit the HUSCC: SL website at:  
<http://www.fns.usda.gov/huscc/healthierus-school-challenge-smarter-lunchrooms>

If you have any questions or need technical assistance completing an application, visit the OSPI Child Nutrition Services HUSCC: SL website:  
<http://www.k12.wa.us/ChildNutrition/HealthierSchool/default.aspx>



**\$2,000**  
Gold Award  
of Distinction



**\$1,500**  
Gold Award



**\$1,000**  
Silver Award



**\$500**  
Bronze Award

# FREE MATERIALS AND RESOURCES GUIDE

## LEARN ABOUT SMARTER LUNCHROOMS

### **Smarter Lunchrooms Best Practices**

This is a guide complete with the Smarter Lunchrooms best practices and tips for implementation.

<http://smarterlunchrooms.org/ideas>

### **Michigan Team Nutrition Smarter Lunchrooms Moves Videos**

These short videos show Smarter Lunchrooms in action, with schools sharing their successful Smarter Lunchrooms activities.

<https://www.youtube.com/user/miteamnutrition1>

## STUDENT INVOLVEMENT

### **AP Statistics Plate Waste Lesson Plan**

This lesson helps students apply statistics calculations to plate waste analysis in the school lunchroom.

[http://smarterlunchrooms.org/sites/default/files/tray\\_waste\\_lesson\\_plan\\_ap\\_stats.pdf](http://smarterlunchrooms.org/sites/default/files/tray_waste_lesson_plan_ap_stats.pdf)

### **Involving Middle School Students in Smarter Lunchroom Design Webinar**

Learn about how you can get middle school students involved and engaged in your school's Smarter Lunchroom.

<https://learn.extension.org/events/1402#.VeTHoXn bJM5>

## NUTRITION EDUCATION

### **Team Nutrition Resource Library**

Free curricula, posters, stickers, and other promotional materials available to order or print.

<http://www.fns.usda.gov/tn/resource-library>

### **Team Nutrition Resource Order Form**

Use this online order form to have item from the "Team Nutrition Resource Library" delivered to your school.

<https://pueblo.gpo.gov/FNS/FNSPubs.php>

### **WA Dairy Council Materials**

Anyone providing nutrition education is eligible to order up to \$25 worth of free materials.

<http://www.eatsmart.org/pages/allotment>

## OSPI CHILD NUTRITION PROGRAM RESOURCES

### Washington Smarter Lunchrooms

Download the Washington Smarter Lunchrooms Toolkit and the Smarter Schools Edition of the toolkit. Editable versions are available for select resources.

<http://www.k12.wa.us/ChildNutrition/Programs/NSLBP/SmarterLunchrooms.aspx>

## SCHOOL RECOGNITION

### HealthierUS School Challenge: Smarter Lunchrooms Website

Learn about this certification which is awarded to schools for outstanding nutrition and physical activity promotion.

<http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms>

### Sample Press Release

This resource helps you prepare a statement about your Smarter Lunchrooms Makeover to send to media outlets and spread the word of your successes.

[http://smarterlunchrooms.org/sites/default/files/sample\\_press\\_release.pdf](http://smarterlunchrooms.org/sites/default/files/sample_press_release.pdf)

## PARENT INVOLVEMENT

### Parent Involvement in Smarter Lunchrooms

Here you will find some helpful ideas to get parents involved with Smarter Lunchrooms in schools.

<http://articles.extension.org/pages/68803/seek-parental-involvement-in-smarter-lunchrooms-movement-initiatives#.VeTIP3nbJMs>

## ONLINE CLASSROOM BANKING REWARDS SYSTEMS

### First Kid Bank

Pretend online banking system that can be managed by teachers and viewed by students and parents to reward and discipline student behavior.

<http://firstkidbank.com/session/new>

### Bankaroo

Pretend online banking system that can be managed by teachers and viewed by students and parents to reward and discipline student behavior. The first teacher account per school is free.

<https://www.bankaroo.com/bankaroo-for-schools/>

## NEED TECHNICAL ASSISTANCE?

### Washington Smarter Lunchrooms and Smarter Schools Technical Assistance Provider

Here you will find the contact information for Washington's current Smarter Lunchrooms and HealthierUS School Challenge coordinator. If your school is outside of Washington State, please contact your state child nutrition agency for a local contact.

<http://www.k12.wa.us/ChildNutrition/Programs/NSLBP/SmarterLunchrooms.aspx>

## Acknowledgements

Washington Team Nutrition would like to thank all of the school staff and Washington State University (WSU) Extension Food Sense staff that participated in the planning, implementation, assessment, and final development of the materials provided in this toolkit. This toolkit could not have been developed without your dedication and support.

---

### SMARTER LUNCHROOM TEAM SCHOOLS:

**Sumner School District**

Maple Lawn Elementary School  
Victor Falls Elementary School  
Emerald Hills Elementary School

**Montesano School District**

Simpson Elementary School  
Oakville School District  
Oakville Elementary School

**Central Valley School District**

University Elementary School  
Summit Elementary School  
Progress Elementary School

**Pioneer School District**

Pioneer Intermediate School

**Newport School District**

Stratton Elementary

**Mount Vernon School District**

Jefferson Elementary School Little  
Mountain Elementary School

**Sedro Woolley School District**

Samish Elementary School

**Shelton School District**

Oakland Bay Junior High

**Bethel School District**

Fredrickson Elementary School  
Pioneer Valley Elementary School  
North Star Elementary School  
Nelson Elementary School

**Kent School District**

Horizon Elementary School  
Neely-Obrien Elementary School  
Daniel Elementary School

**Mary M. Knight School District**

Mary M. Knight Elementary School

**Ferndale School District**

Custer Elementary School Cascadia  
Elementary School  
Skyline Elementary School

**Aberdeen School District**

AJ West Elementary  
Robert Gray Elementary School

---

### WSU EXTENSION FOOD \$ENSE STAFF:

Julie Guyton  
Joshua Munro  
Terry Perry  
Meghan Leineweber

Jen Hey, RD  
Wendy Drum, MA  
Raeann Ducar, RD  
Lee Anne Riddle

Kelsey Dosh  
Jan Curry  
Kelsey McClain  
Melinda Ashbaugh

Jeanne Rehwaldt  
Jennie Goforth  
Linda Matthews  
Kathleen Manenica

---

### SMARTER LUNCHROOMS TOOLKIT PILOT SCHOOL DISTRICTS:

Warden School District  
Highline School District

Royal School District  
Freeman School District

Federal Way School District  
East Valley School District No. 90



The Smarter Lunchrooms Movement helps schools nudge children to make healthier choices in the lunchroom. With support from Team Nutrition Grants, the Office of Superintendent of Public Instruction (OSPI) has been creating Smarter Lunchrooms and Smarter “Mealtimes” in Washington schools and child care programs.

The *Smarter Schools Edition: A Guide for Teachers and Administrators* was created to support school teachers and administrators with school-wide health promotion. Schools that create both Smarter Lunchrooms and Smarter Schools can have the greatest impact on students’ health and academic success.

Learn more at

[tinyurl.com/SmarterLunchrooms](http://tinyurl.com/SmarterLunchrooms)



**Food \$ense**

WASHINGTON STATE UNIVERSITY  
EXTENSION

