



No Time To Train

# MAY WORKSHOP

Diagnose the  
Lunchroom



# EXAMPLE 1: FRUIT, SNACKS, AND MILK



**Study these food service areas for fruit, snacks, and milk. How could they be changed to help “nudge” students to make healthier food choices?**

**Which Smarter Lunchrooms interventions and/or Principles would you use?**

# EXAMPLE 1: FRUIT, SNACKS, AND MILK



Study these food service areas for milk. How could they be changed to help “nudge” students to make healthier food choices?

Which Smarter Lunchrooms interventions and/or Principles would you use?





# EXAMPLE 2: SERVING LINES



**Study these serving lines. How could they be changed to help “nudge” students to make healthier food choices?**

**Which Smarter Lunchrooms interventions and/or Principles would you use?**

# EXAMPLE 2: SERVING LINES



Study these serving lines. How could they be changed to help “nudge” students to make healthier food choices?

Which Smarter Lunchrooms interventions and/or Principles would you use?





# EXAMPLE 3: ENTRANCES AND DINING



Study these entrances and dining areas. How could they be changed to help “nudge” students to make healthier food choices?

Which Smarter Lunchrooms interventions and/or Principles would you use?

# EXAMPLE 3: ENTRANCES AND DINING



**Study these entrances and dining areas. How could they be changed to help “nudge” students to make healthier food choices?**

**Which Smarter Lunchrooms interventions and/or Principles would you use?**

# LAST EXAMPLE: **YOUR** LUNCHROOM

- ▶ Think of your own lunchroom. Which focal areas (fruits, vegetables, white milk, target/new entrees, or reimbursable meals) would you like to promote even more?
- ▶ Which Smarter Lunchrooms intervention strategies could you apply to these areas?





# SMARTERLUNCHROOMS.ORG

For more information about Smarter Lunchrooms, including training in the entire D.P.I.E. process, go to [SmarterLunchrooms.org](http://SmarterLunchrooms.org).



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