

# IMPACT

University of Idaho  
Extension

**Ada County**

208-287-5900, Fax: 208-287-5909  
5880 Glenwood Street, Boise, ID 83714

## Smarter lunchrooms – making the healthy choice the easy choice for Idaho students

### AT A GLANCE

**University of Idaho Extension Smarter Lunchroom Movement utilized research-based evidence and practice based solutions to encourage students to make healthier food choices.**

### The Situation

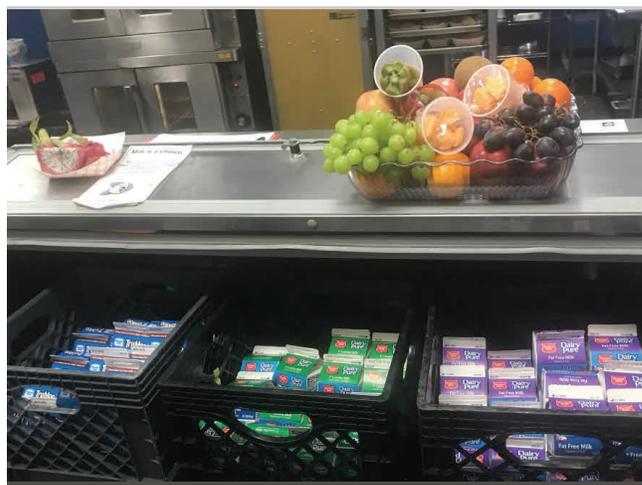
The National School Lunch Program (NSLP) is the nation's second largest food and nutrition program, allowing all children in the U.S. to receive a meal at school every day. A majority, 95 percent, of U.S. schools participate in the program, serving an estimated 30 million children daily. During the 2016 school year, 157,150 children in Idaho participated in the program.

Research has shown that participation in the program increases children's dietary intake of nutritious food, positively impacts health and obesity, decreases food insecurity and leads to better learning environments. The new nutrition standards have also been shown to positively impact students food selections, especially fruits and vegetables.

The Smarter Lunchroom Movement, created by the Cornell Center for Behavioral Economics, supports and enhances the NSLP. The movement empowers school personnel to make small, low-cost changes in their lunchrooms, to help students make more nutritious food choices. Examples of the changes include offering cut up fruit or vegetables, and placing a salad bar or white milk in a more accessible area to attract students.

### Our Response

The UI Extension, Eat Smart Idaho program and the Idaho Department of Education, Child Nutrition pro-



"Fruit of the Day" at Hawthorne Elementary School, Boise, ID.

gram partnered to implement the movement in Idaho. In December 2016, Eat Smart Idaho hosted a two-day training on the Smarter Lunchroom Movement. Faculty and staff received hands-on training on how to use the assessment tools and methods for improving lunchrooms were demonstrated.

In the spring of 2017, Eat Smart Idaho and the Child Nutrition Program worked with food service managers to conduct pre- and post-assessments in lunchrooms at several schools in the greater Treasure Valley area.

### Program Outcomes

- A total of 16 schools (seven elementary, three high, four middle/junior and two charter schools) participated in the 2016-2017 school year.
- Five school districts in three counties, three cities and two towns completed pre- and post-assessments.

- All schools increased their score pre- to post-assessment, on average 9 points, on a 60 point scale.
- Six schools reported increases in sales of white milk.
- Eleven schools reported increases in student intake of fruits and vegetables.
- All schools reported increases in participation in the school lunch program.
- All schools reported increases in student involvement and awareness of healthy options.

The strong organizational partnerships and statewide reach made this a successful project. By partnering with the Department of Education and University of Idaho Extension family and consumer sciences educators, the Eat Smart Idaho team was able to coordinate efforts and bring the Smarter Lunchroom Movement to more schools across the state.

These partners, along with the Idaho Dairy Council, have joined together with Eat Smart Idaho to form Idaho's Smarter Lunchroom Collaborative, the third such collaborative in the nation. The response from school foodservice personnel and students has been positive and school administrators have been very supportive. The enthusiasm that runs through all the partners involved with this project adds to the success and positive impact on food behaviors of children and teens in the state of Idaho.



New menus and signs in lunchrooms increase participation and promote healthy choices.

## FOR MORE INFORMATION

**Bridget Morrisroe-Aman**, Extension Educator  
University of Idaho Extension, Ada County  
5880 Glenwood Street  
Boise, ID 83714  
Phone: 208-287-5900  
Fax: 208-287-5909  
Email: [bridgeta@uidaho.edu](mailto:bridgeta@uidaho.edu)

**Joey Peutz**, Extension Educator  
University of Idaho Extension, Payette County  
16 South 9th Street  
P.O. Box 10  
Payette, ID 83661  
Phone: 208-642-6022  
Fax: 208-642-6034  
Email: [joeyp@uidaho.edu](mailto:joeyp@uidaho.edu)

**Jacqueline Amende**, Extension Educator  
University of Idaho Extension, Canyon County  
501 Main Street  
Caldwell, ID 83605  
Phone: 208-459-6003  
Fax: 208-454-6349  
Email: [jamende@uidaho.edu](mailto:jamende@uidaho.edu)

**Steffanie Sandoval**, Program Coordinator  
University of Idaho Extension, Eat Smart Idaho  
1904 E. Chicago Street, Suite AB  
Caldwell, ID 83605  
Phone: 208-454-7672  
Fax: 208-454-7612  
Email: [ssandoval@uidaho.edu](mailto:ssandoval@uidaho.edu)

**Nicole Telford**, Community Nutrition Advisor  
University of Idaho Extension, Eat Smart Idaho  
1904 E. Chicago Street, Suite AB  
Caldwell, ID 83605  
Phone: 208-459-6360  
Fax: 208-454-7612  
Email: [ntelford@uidaho.edu](mailto:ntelford@uidaho.edu)

**Annie Roe**, Extension Specialist, Director  
University of Idaho Extension, Eat Smart Idaho  
School of Family and Consumer Sciences  
875 Perimeter Drive MS 3183  
Moscow, ID 83844-3183  
Phone: 208-885-1709  
Fax: 208-885-5751  
Email: [aroe@uidaho.edu](mailto:aroe@uidaho.edu)