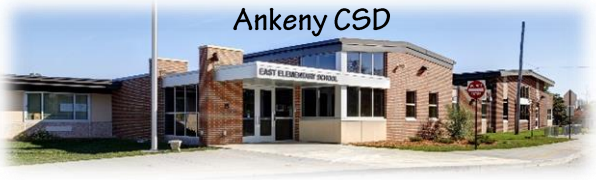
Iowa RECESS before lunch

East Elementary

Ankeny CSD



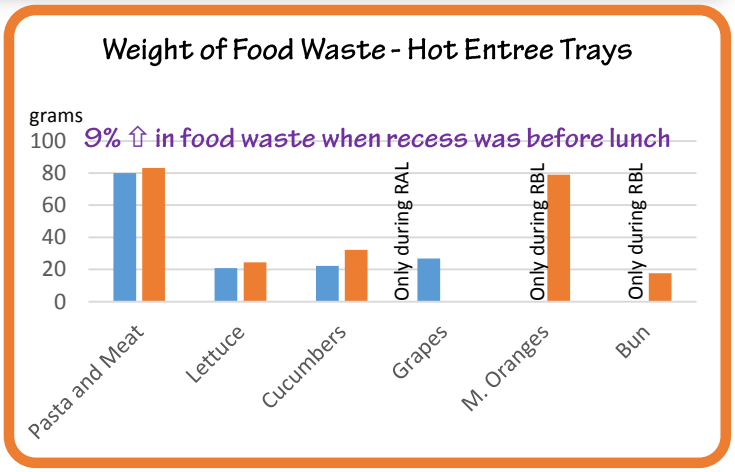
Iowa Department of Education Team Nutrition Program partnered with ISU Extension and Outreach and the Midwest Dairy Council to conduct a recess before lunch pilot in three select elementary buildings during the 2013-14 school year. It included an assessment of food and milk waste, photo estimation, and school staff interviews and surveys. Four site visits occurred at each building, providing a snapshot of food consumption in school meals when recess was after lunch and when recess was before lunch.

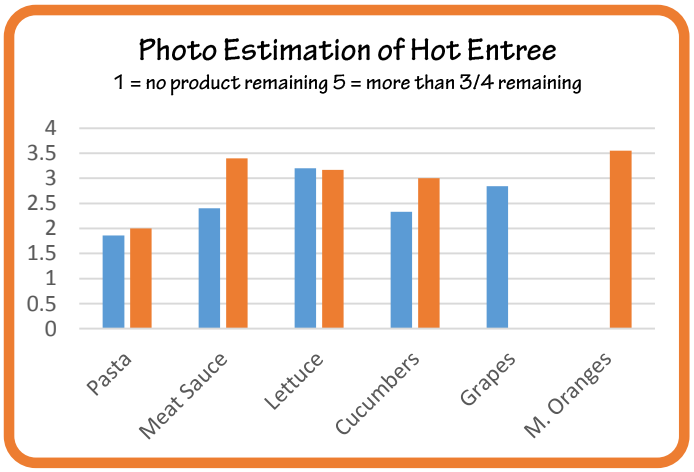
IOWA STATE UNIVERSITY Extension and Outreach

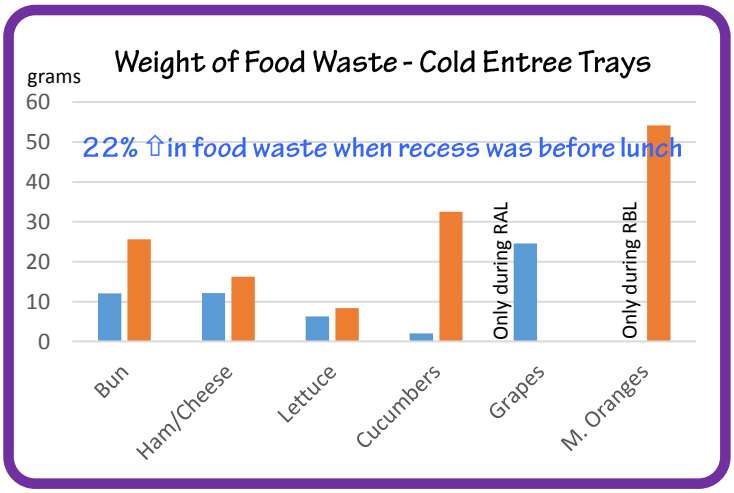
Midwest Dairy Council

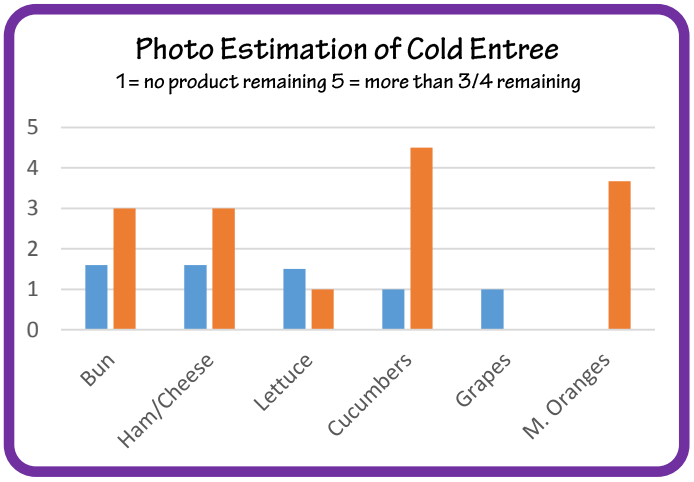
TEAM NUTRITION IOWA™

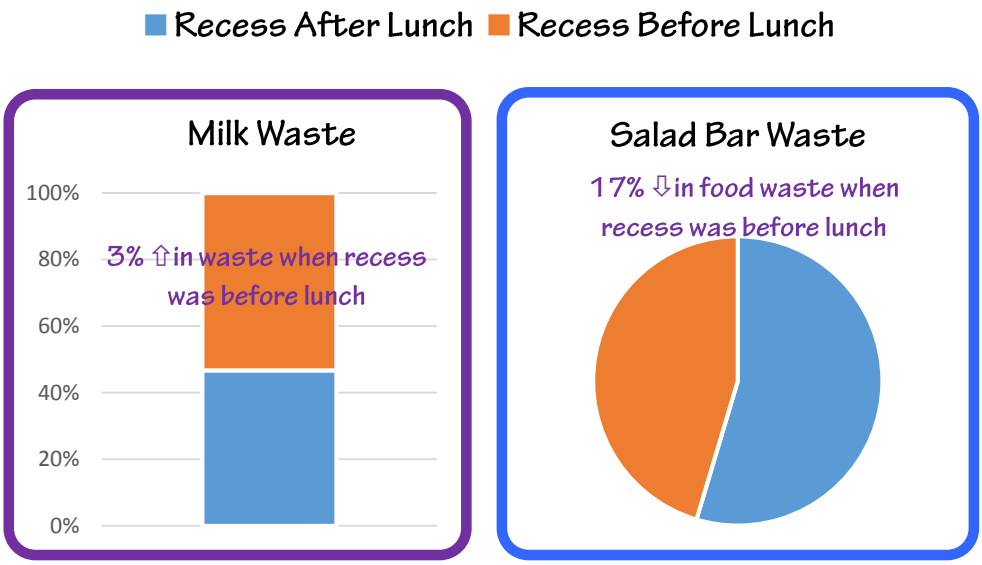
Recess After Lunch Recess Before Lunch











The salad bar created challenges in measuring base weight of food items with the various options and self-serving. Waste from salad bar trays was compared pre and post.

Interviews and Surveys

The principal, foodservice personnel, nurse, 3rd grade teachers, lunchroom monitors, and recess monitors were interviewed and surveyed pre and post. Below is the summary of responses:

	Pre-Interview & Survey Reponses	Post-Interview & Survey Reponses
	Overall, staff anticipated that moving RBL would:	Overall, staff determined that moving RBL:
Impact on Eating	Increase milk and food consumption	May or may not have had an impact on consumption
Impact on Physical Activity	May or may not have an impact on physical activity	Did not cause a substantial impact on activity levels, students were generally anxious to come inside due to cold or hunger
Impact on Behavior in Cafeteria	Cause students to be more focused on their food	Caused no change to some change in students being more calm
Impact on Behavior in Classroom	Cause students to be more calm and engaged in the classroom	Caused no change in classroom behavior
Challenges	Create challenges around schedule changes, students would be hungrier, and dealing with winter gear	Created challenges around not enough hall transition time causing eating time to be reduced Overcame challenges by working through logistics together