

Student Experiences and Perceptions

The student groups that worked on the Smarter Lunchroom projects identified successes from their projects during student focus group interviews.

Successes



"The chips used to be first. Now they're behind the fruit. It makes it easier to get to the healthier foods instead of the chips." -Student



"Display and advertising, how it looks and everything is improved a lot since the previous years." - Student



"I think that putting posters up for the little kids is making them more excited for lunch. Or just changing how the food looks makes everyone want to eat more of the salad bar." -Student



"Kinda made us feel like we had a little bit of a voice and able to change something." - Student

Food Service Director Experiences and Perceptions

During phone interviews, most food service directors reported positive experiences and perceptions with Smarter Lunchrooms.

"The whole concept is awesome. I mean I think it's a great program." -FSD

"I think the interaction with the students worked. They enjoyed the contribution, and it made them feel like they were involved and had some say in what is menued." - FSD

"Fruit sales have increased dramatically. I would say 20 to 30 percent." - FSD

"The biggest accomplishment that the students noticed was the more attractive display of foods, particularly the foods we were trying to emphasize the fruits and vegetables, and white milk." -FSD

"The lunchroom itself is just a brighter, happier place. We've added some decorative baskets, we've added some tablecloths, some signage." - FSD

9 Student Perceptions Improved After Smarter Lunchroom Changes

- #1 Can offer suggestions to staff
- #2 Usually like the food served
- #3 Serves a variety of food
- #4 Lunch usually tastes good
- #5 Students know what is being served before lunch
- #6 The food looks appealing
- #7 Lunch line wait shortened
- #8 Friends usually eat lunch
- #9 Meals at home may not be healthier than school meals

Student Identified Changes After Smarter Lunchroom Modifications

Newly Named Menu Items

Addition of Posters & Murals

Increase in Fruits & Vegetables Offered

6 Most Common Lunchroom Additions

After Smarter Lunchroom Changes

1 Creative Names for Fruit and Vegetables

2 Colorful Baskets to Display Whole Fruits

3 Posters and Murals on Lunchroom Walls

4 Menus around school displaying today's food options

5 Moved Chocolate Milk to Far End of Cooler

6 Signs to Promote Milk, Salad Bar, and Entrée Selections