



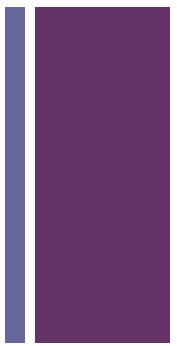
Montana's Smarter Lunchrooms Projects



2016 Montana Team Nutrition Training Grant
October 19, 2018
Molly Stenberg, RDN

+ S.L. Intervention in 10 Schools

- Schools picked strategies to specifically promote fruits and vegetables.
- Encouraged to try new recipes.
- Encouraged to create a School Lunch Advisory Council (SLAC) to engage students with the **Let's Eat Guide**
- Many enhanced their salad bars.
- Many improved lunchroom atmosphere.
- Montana School Health Program provided each school with:
 - a MyPlate menu board
 - 1-2 black wire fruit dispensers
 - a digital scale for data collection
 - \$500 sub-grant



+ Success Stories from Montana Lunchrooms— Alder School

BEFORE



AFTER



+ Success Stories from Montana Lunchrooms— Alder School

Before



After



Renata Nichols, Alder School *“It's always helpful to be open to new ideas and have fresh eyes check on your “proven” things !! ”*

+ Success Stories from Montana Lunchrooms— Gardiner School

SIMPLE LABELING!



+ Success Stories from Montana Lunchrooms– Gardiner School

A RAINBOW ON THE SALAD BAR!

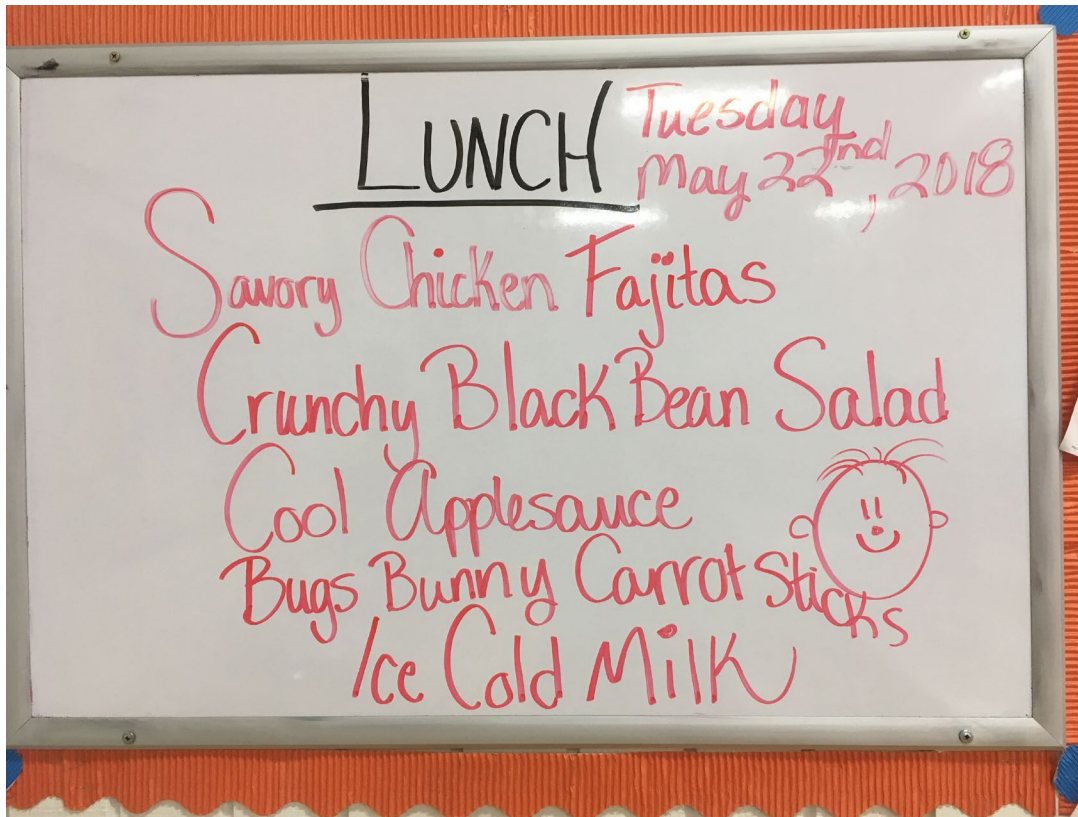


+ Success Stories from Montana Lunchrooms— Somers Middle School

INVITING COLOR AND CONVENIENT



+ Success Stories from Montana Lunchrooms– Gallatin Gateway School



+ Potomac School's simple strategies



Colorful veggies and fruits are easy to see on the service line!



+ Hamilton High School enhances salad bar

PRE- clear trays

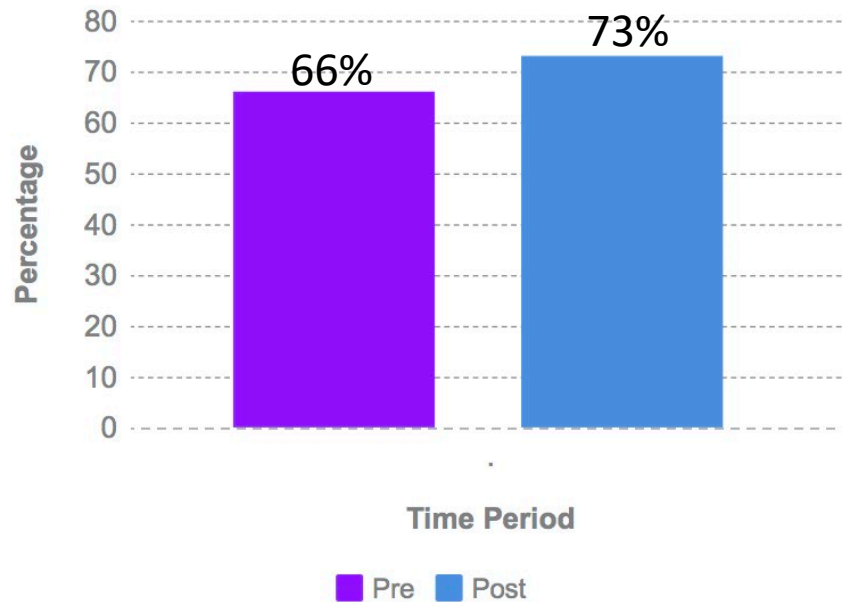
POST – black trays



Which salad bar is more appealing to you?

EVALUATION RESULTS – COMBINED VEGETABLE GROUPS FOR 10 MONTANA SCHOOLS

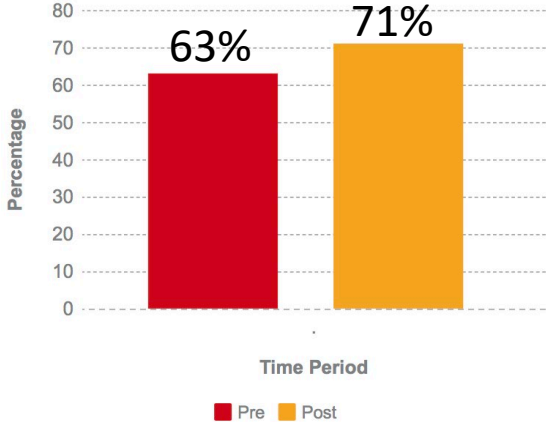
PERCENT SELECTED: Red/Orange, Dark Green, Beans/Peas/Legumes



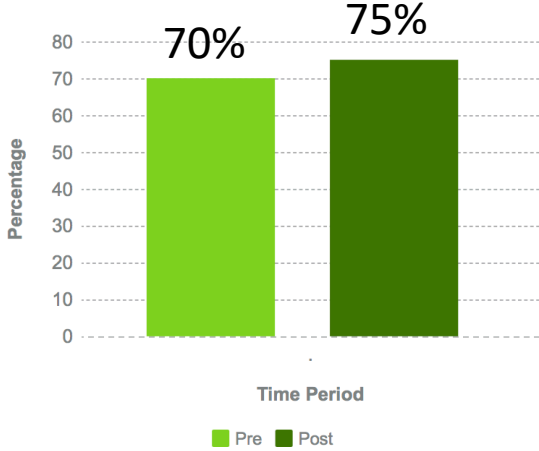
Percent selected was calculated by dividing ounces of food served by ounces of food available on the service line. There was a significant increase in selection of ounces of Red/Orange, Dark Green, and Beans/Peas/Legumes COMBINED across 10 schools in Montana Smarter Lunchrooms intervention. Selection increased from 66% to 73% of amount of ounces selected on service line. This was a significant increase at $P < .05$.

EVALUATION RESULTS INDIVIDUAL VEGETABLE GROUPS FOR 10 MONTANA SCHOOLS

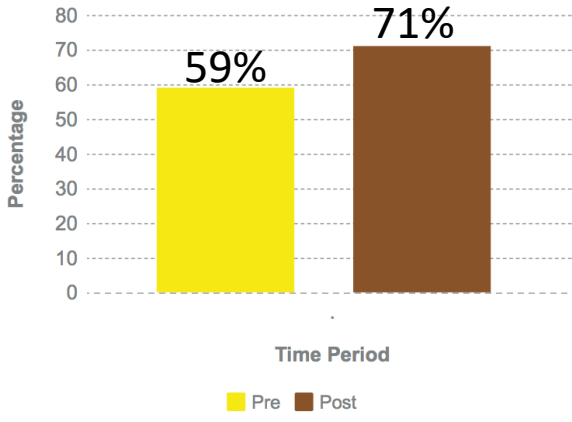
PERCENT SELECTED: Red/Orange



PERCENT SELECTED: Dark Green



PERCENT SELECTED: Beans/Peas/Legumes



Percent selected was calculated by dividing ounces of food served by ounces of food available on the service line. There was a significant increase in selection of ounces of Red/Orange, Dark Green, and Beans/Peas/Legumes INDIVIDUALLY across 10 schools in Montana Smarter Lunchrooms intervention. Selection increased an average of 8.3% of amount of ounces selected on service line across these groups. This was a significant increase at $P < .05$.

+ Successful Outcomes

- ✓ Each school increased their Smarter Lunchrooms Scorecard Score
 - ✓ Highest increase was 12 points.
 - ✓ Average increase was 3.7 points.
- ✓ 3 of the 10 schools increased average daily participation in lunch program.
- ✓ Enhanced lunchroom environment and engaged students.
- ✓ Included Smarter Lunchrooms discussion in School Wellness Committee Meetings



+ Challenges

- Verifying accuracy of production records and data sheets
- Data is only as accurate as is initially documented or not! (non-reported data)

Suggestions:

- Provide training on production records and data collection
- Stay current with reviewing data sheets upon submission.



Jay Stagg, Whitefish Schools *“It was valuable to see how much product we put out; and then brought back in.”*



Let's practice!



| Complete DAILY during each week of data collection. | | | | Total number of student meals: Number of students at salad bar: Total number of adult meals: Number of adults at salad bar: | | |
|---|---|--|----------------------------------|--|----------------------------------|--|
| DATE: | | SCHOOL: | | | | |
| Name of staff collecting data: | | | | | | |
| | Total amount placed on service line by weight Quantity Prep number (# of servings, pounds, cans) | Serving size of one individual portion | Weight of one individual portion | Weight of any extra added during service | Total amount left over by weight | Total prepared + any food added - leftover = amount of food selected |
| Vegetables: Dark Green | | | | | | |
| Main line: | | | | | | |
| | | | | | | |
| Salad bar: | | | | | | |
| | | | | | | |
| Other: (grab and go, a la carte) | | | | | | |
| | | | | | | |
| Vegetables: Red Orange | | | | | | |
| Main line: | | | | | | |
| | | | | | | |
| Salad bar: | | | | | | |
| | | | | | | |
| Other: (grab and go, a la carte) | | | | | | |
| | | | | | | |

+ Resources to share

Resources used in this project:

- Smarter Lunchrooms Recipe list
- Veg. subgroup data collection sheet
- Let's Eat – Engaging Students in Smarter Lunchrooms

NEW resources (under development):

- Eat the Rainbow – Salad Bar Best Practices Checklist
- Breakfast Boosts Brainpower – A Smarter Breakfast Scorecard



Let's Eat!
Engaging Students in Smarter Lunchrooms

Next Steps

- Consider sustainability of the strategies selected.
- Seek partners to help school food service managers – students, staff, community members, SNAP Educators.
- Share your state’s specific successes – Peer to Peer – what works in your schools is powerful and persuasive!



Kalispell – Cornelius Hedges Elementary



+ Questions?





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