SMARTER LUNCHROOMS SCORECARD

Date _____ School Name _____ Completed by _____

The Smarter Lunchrooms Scorecard is a list of simple, no-cost or low-cost strategies based on research from Cornell University, that can increase participation, reduce food waste, and increase selection and consumption of healthy school food.

INSTRUCTIONS

1. Review the scorecard before beginning.
2. Observe a lunch period. Check off statements that reflect the lunchroom.
3. Ask other school nutrition staff, teachers, or administration about items that have an asterisk.*
4. Tally the score.
5. Discuss the results with stakeholders. Choose unchecked strategies to implement in the lunchroom.

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FOCUS ON FRUIT

- ❍ At *least* two kinds of fruit are offered.
- ❍ Sliced or cut fruit is offered.
- ❍ A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).
- ❍ Fruit is offered in at least two locations on all service lines, one of which is right before each point of sale.
- ❍ At *least* one fruit is identified as the featured fruit-of-the-day and is labeled with a creative, descriptive name at the point of selection.
- ❍ A fruit taste test is offered at least once a year.*

Focus on Fruit Subtotal _____ of 6

VARY THE VEGETABLES

- ❍ At *least* two kinds of vegetables are offered.
- ❍ Vegetables are offered on *all* service lines.
- ❍ Both hot *and* cold vegetables are offered.
- ❍ When cut, raw vegetables are offered, they are paired with a low-fat dip such as ranch, hummus, or salsa.*
- ❍ A serving of vegetables is incorporated into an entrée item *at least* once a month (e.g., beef and broccoli bowl, spaghetti, black bean burrito).*
- ❍ Self-serve spices and seasonings are available for students to add flavor to vegetables.
- ❍ At *least* one vegetable is identified as the featured vegetable-of-the-day and is labeled with a creative, descriptive name at the point of selection.
- ❍ A vegetable taste test is offered at *least* once a year.*

Vary the Vegetables Subtotal _____ of 8

HIGHLIGHT THE SALAD

- ❍ Pre-packaged salads or a salad bar is available to all students.
- ❍ Pre-packaged salads or a salad bar is in a high traffic area.
- ❍ Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and other non-produce items.
- ❍ Pre-packaged salads or salad bar choices are labeled with creative, descriptive names and displayed next to each choice.

Highlight the Salad Subtotal _____ of 4

MOVE MORE WHITE MILK

- ❍ Milk cases/coolers are kept full throughout meal service.
- ❍ White milk is offered in *all* beverage coolers.
- ❍ White milk is organized and represents at least 1/3 of all milk in *each* designated milk cooler.
- ❍ White milk is displayed in front of other beverages in *all* coolers.
- ❍ 1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.

Move More White Milk Subtotal _____ of 5

BOOST REIMBURSABLE MEALS

- ❍ Cafeteria staff politely prompt students who do not have a full reimbursable meal to select a fruit or vegetable.
- ❍ One entrée is identified as the featured entrée-of-the-day, is labeled with a creative name next to the point of selection, *and* is the first entrée offered.
- ❍ Creative, descriptive names are used for featured items on the monthly menu.
- ❍ One reimbursable meal is identified as the featured combo meal *and* is labeled with a creative name.
- ❍ The combo meal of the day or featured entrée-of-the-day is displayed on a sample tray or photograph.
- ❍ A (reimbursable) combo meal is offered as a grab-and-go meal.
- ❍ Signs show students how to make a reimbursable meal on *any* service line (e.g., a sign that says "Add a milk, fruit and carrots to your pizza for the Power Pizza Meal Deal!")
- ❍ Students can pre-order lunch in the morning or day before.*
- ❍ Students must use cash to purchase à la carte snack items if available.
- ❍ Students have to ask a food service worker to select á là carte snack items if available.*
- ❍ Students are offered a taste test of a new entrée at least once a year.*

Reimbursable Meals Subtotal _____ of 11

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LUNCHROOM ATMOSPHERE

- ❍ Cafeteria staff smile and greet students upon entering the service line and throughout meal service.
- ❍ Attractive, healthful food posters are displayed in dining and service areas.
- ❍ A menu board with today's featured meal options with creative names is readable from 5 feet away when approaching the service area.
- ❍ The lunchroom is branded and decorated in a way that reflects the student body.
- ❍ Cleaning supplies or broken/unused equipment are not visible during meal service.
- ❍ All lights in the dining and meal service areas work and are turned on.
- ❍ Compost/recycling and trash cans are at least 5 feet away from dining students.
- ❍ There is a clear traffic pattern. Signs, floor decals, or rope lines are used when appropriate.
- ❍ Trash cans are emptied when full.
- ❍ A menu board with *tomorrow's* featured meal with creative names is readable from 5 feet away in the service or dining area.

Lunchroom Atmosphere Subtotal _____ of 10

STUDENT INVOLVEMENT

- ❍ Student artwork is displayed in the service area or dining space.
- ❍ Students, teachers, or administrators announce today's menu in daily announcements.*
- ❍ Students are involved in the development of creative and descriptive names for menu items.*
- ❍ Students have the opportunity to volunteer in the lunchroom.
- ❍ Students are involved in the creation of artwork or marketing materials to promote menu items.*
- ❍ Students provide feedback (informal – "raise your hand if you like..." or formal - focus groups, surveys) to inform menu development.*

Student Involvement Subtotal _____ of 6

SCHOOL COMMUNITY INVOLVEMENT

- ❍ A monthly menu is posted in the main office.
- ❍ A menu board with creative, descriptive names for today's featured meal options is located in the main office.
- ❍ A monthly menu is provided to students, families, teachers, and administrators.*
- ❍ Information about the benefits of school meals is provided to teachers and administration at least annually.*
- ❍ Nutrition education is incorporated into the school day.*
- ❍ Students are engaged in growing food (for example, gardening, seed planting, farm tours, etc.).*
- ❍ Elementary schools provide recess before lunch.*
- ❍ The school participates in other food promotion programs such as: Farm to School, Chefs Move to Schools, Fuel Up to Play 60, Share our Strength, etc.*
- ❍ The school has applied for the HealthierUS School Challenge.*
- ❍ Smarter Lunchrooms strategies are included in the Local School Wellness Policy.*

School Involvement Subtotal _____ of 10

SMARTER LUNCHROOMS SCORECARD TOTAL

Focus on Fruit	_____	of 6
Vary the Vegetables	_____	of 8
Highlight the Salad	_____	of 4
Move More White Milk	_____	of 5
Reimbursable Meals	_____	of 11
Lunchroom Atmosphere	_____	of 10
Student Involvement	_____	of 6
School Involvement	_____	of 10
Scorecard Total	_____	of 60

AWARD LEVEL

Bronze 15-25
Great job! This lunchroom is off to a strong start.

Silver 26-45
Excellent. Think of all the kids that are inspired to eat healthier!

Gold 46-60
This lunchroom is making the most of the Smarter Lunchroom Movement. Keep reaching for the top!

For Scorecard FAQs visit:
SmarterLunchrooms.org

The **asterisk** * indicates items that may need input from other school nutrition staff, teachers, or administration.

Smarter Lunchrooms Scorecard 2.0

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SMARTER LUNCHROOMS MOVEMENT National Office

DEFINITIONS

Point of Sale (POS): Anywhere students leave the line with food and are charged or counted, such as at a register, check- out, or PIN pad

Point of Selection: Anywhere students select food or drink

Service Line: A designated line for meal selection–deli bar, salad bar, hot lunch line, snack window, etc.

Grab-and-Go: A pre-packaged reimbursable meal

Reimbursable Meal/Combo Meal: Any meal that meets all the USDA meal requirements and is priced as a unit

Featured Items: A fruit, vegetable, milk, or entrée that has been identified for promotion