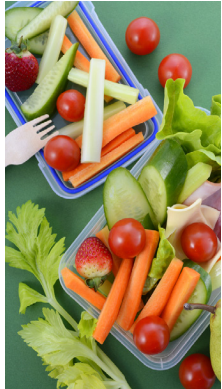




Create a Smarter Lunchroom

with Food Supplement
Nutrition Education

Maryland's SNAP-ED Program



For more information
about FSNE Smarter
Lunchrooms, contact:

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Smarter Lunchrooms is an evidence-based approach guiding students to select and eat healthy foods in the school cafeteria. Grounded in research from the Cornell Center for Behavioral Economics in Child Nutrition Programs, FSNE Smarter Lunchrooms supports schools and childcare centers in making simple no- to low-cost changes that 'nudge' students toward selecting healthy foods. Smarter Lunchrooms strategies make nutritious foods the easy and attractive choice for students, supporting healthy decision-making in their day-to-day lives.

FSNE Partnering schools will receive:

Training: Accredited professional development for food service staff, guiding them through steps to establish and meet their schools' Smarter Lunchrooms goals.

Materials: Supplies for preparing, displaying, and promoting nutritious and wholesome foods as attractive and convenient options for students.

Technical Assistance: Hands-on assistance implementing service line makeovers, classroom-to-cafeteria activities, and tastings.

By facilitating activities such as cafeteria tastings, Smarter Lunchrooms helps generate interest in new menu items, promote farm-to-school produce, and connect to classroom content. Combined with FSNE classroom-based nutrition education, school gardens, parent engagement, and school-based worksite wellness programs, FSNE shapes school environments that promote lifelong health.

