

# Diagnose the Lunchroom



## Smarter Lunchroom Principles Used

1. Increase visibility
2. Increase convenience
3. Suggestive selling
4. Student involvement

### School Site Profile

**School Name:** Lincoln High

**Grade Levels Served:** 9-12

**Enrollment:** 1,643

**Percent Free and Reduced:** 35%

**Foodservice Director:** Jeff Dardis

### School District Profile

**District Name:** Western Placer Unified

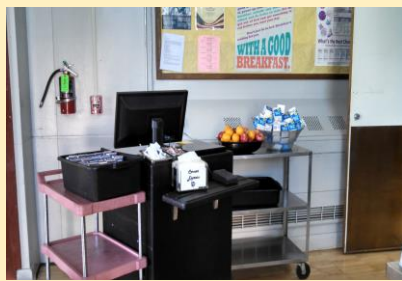
**Grade Levels:** K-12

**Number of Schools:** 13

**Enrollment:** 9,116

**Percent Free and Reduced:** 41%

**Average Participation:** 3,771



Smarter Lunchrooms TAP:  
Name: Lisa Larsen  
Agency: Dairy Council of California

## Success with Smarter Lunchrooms Strategies

Jeff Dardis, Director of Child Nutrition Services for Western Placer Unified School District (WPUSD), has been serving healthy school meals for nearly 20 years. He was first introduced to the Smarter Lunchrooms Movement (SLM) at a California School Nutrition Association (CSNA) meeting and recognized the benefit of using SLM strategies to improve the healthy eating behaviors of students.

Jeff partnered with Lisa Larsen, Senior Community Nutrition Adviser for Dairy Council of California, to implement SLM principles. After completing the SLM assessment at one of the high schools, they identified the following areas for improvement:

- Increasing the number of students selecting fruit and white milk
- Involving students in the cafeteria
- Increasing school meal promotions

To achieve these goals, the following strategies were implemented:

#1: Placing a fruit bowl at the cash register as an additional opportunity for students to select fruit; displaying fruit in attractive bowls on the salad bar; and varying the colors and types of fruits offered.

#2: Increasing the amount of white milk available on the serving line and placing it in the front of the cooler, making it an easy-to-reach option.

#3: Providing a student survey of foods currently served and conducting a taste testing of new food items with students voting on their favorites.

#4: Creating menu boards featuring daily meal options and posting monthly menus in the cafeteria and throughout the school.

The results have been very positive! A follow up SLM assessment showed an eight point improvement; cafeteria records indicate fruit consumption has increased by 9%; menu boards have helped decrease wait times; and meal participation has increased by 4%. The survey and taste testing resulted in new food items on the menu, and students enjoyed participating in the process.

Jeff Dardis and his staff are expanding their efforts to additional schools in WPUSD by partnering with UC Cooperative Extension to complete SLM assessments and implement strategies based on their findings.

**To learn more about Smarter Lunchrooms Movement trainings and for additional Smarter Lunchrooms resources, visit**

<http://healthyeating.org/Schools/School-Foodservice/Smarter-Lunchrooms-Movement-of-California.aspx>.