

**Braxton County Schools**  
**Smarter Lunchrooms**  
**2016-2017**



*Eat*

*Smart*



*&*  
*Healthy*

*Smarter Lunchrooms*  
*Braxton County Schools*  
*Project*  
*2016-2017*

**INTRODUCTION**



**Braxton County Schools has four goals related to Smarter Lunchroom strategies for the 2016-2017 school year.**

*Goal 1: Train all cafeteria managers and cooks using Behavioral Economics and the Smarter Lunchrooms score cards.*

*Goal 2: Complete the pre/post annual assessments to collect information on what strategies should be implemented at each school.*

*Goal 3: Select and implement two strategies from the smarter lunchrooms strategies to be implemented in each school and develop an action plan in collaboration with the WV Extension Office.*

*Goal 4: Recruit partnerships within the stakeholders of Braxton County to establish and strengthen the Smarter Lunchroom project.*

## *County Challenges*

- *Building capacity among the cafeteria managers, cooks, teachers, and community members on what Smarter Lunchrooms is and how it relates to supporting healthy long term life styles for our students.*
- *Building partnerships within the community to promote healthy eating lifestyles and support sustainability of healthy eating.*
- *Having each school complete the Smarter Lunchrooms score card.*
- *Make connections between the goals of the Wellness Committee and the strategies in Smarter Lunchrooms.*
- *Organizing and promoting activities for the county food service staff, because of other areas of responsibility.*

## *Solutions or Strategies*

- *Utilize CE Days to train all cooks and cafeteria managers on the Behavioral Economics and the Smarter Lunchroom Score Cards.*
- *Develop and strengthen Braxton County School's partnership with WV Extension.*
- *Provide a connection between classroom activities, Smarter Lunchroom strategies, and wellness.*
- *Provide a cafeteria managers training on strategies and implementation.*
- *Monitor for the Smarter Lunchroom strategies when completing annual monitoring.*

## *Results*

- *An awareness has been created in all schools in regards to Behavioral Economics and Smarter Lunchroom Strategies.*
- *All schools have selected two strategies for implementation.*

## *Braxton County High School*

### *Challenges*

- *Student consumption of fruit at breakfast and lunch. Braxton County High School Identified focusing on fruit as an area of need when completing the Smarter Lunchrooms score card.*
- *Chocolate milk is the primary drink of choice at lunch for Braxton County High School. BC HS identified moving more white milk as an area of focus for their Smarter Lunchrooms strategy during the 2016-2017 school year.*

### *Solutions or Strategies*

- *Offer at least two types of fruit daily.*
- *Fruit is available at all points of service (prior to leaving the primary serving area and on the garden bar).*
- *Invite student body president and other student liaisons to serve on the Wellness Committee (Ask students to come up with a promotional campaign to promote fruit consumption)*

### *Results*

- *Students are more amicable to taking fruit and less fruit appears to be disposed of on a daily basis.*
- *Other results are forth coming as strategies are still in the process of being fully implemented.*

## *Braxton County Middle School*

### *Challenges*

- *Moving more White Milk*

### *Solutions or Strategies*

- *White milk will be placed in front of chocolate flavored milk in the coolers.*
- *White milk crates will be placed so that they are the first beverage option seen in all designated milk coolers.*
- *"Got Milk?" posters will be displayed to create a visual representation and connection with white milk.*

### *Results*

- *Cafeteria staff have and are actively promoting white milk and using strategies from the Smarter Lunchrooms recommendations to increase consumption of white milk...statics have not be collected to verify the results of the actual strategies.*

### *Next Steps*

- *Collect data to support that the selected strategies are in fact increasing the consumption of white milk.*

## *Braxton County Elementary Schools*

### *Challenges*

#### *Burnsville Elementary:*

- *Lack of student involvement and input into the lunch program and cafeteria environment.*
- *Focus on cleaning between lunch lines.*

#### *Davis Elementary:*

- *Lunchroom atmosphere - Obstacles and barriers will be removed from the dining room (brooms, mops, and cones).*
- *Creating School synergies - posters displaying healthful foods are visible, readable and displayed within all service areas of the dining room.*

#### *Flatwoods Elementary:*

- *Increase white milk consumption.*
- *Create lunchroom synergies by displaying healthful foods posters that are visible and readable within dining area.*

#### *Frametown Elementary:*

- *Increase the involvement of student groups in the creation of artwork promoting healthy eating and menu items.*
- *Create school synergies in the dining areas by ordering posters that display healthful foods in the dining area.*

#### *Little Birch:*

- *More student mentorships for the elementary students to promote healthy eating and wellness.*

#### *Sutton Elementary:*

- *Moving more white milk.*
- *Promoting more independence on the garden bar.*
- *Lunchroom atmosphere could improve by decorating lunchroom equipment with decals, magnets and signage whenever possible.*

### *Solutions and Strategies*

***Burnsville:***

- *Students announce daily meals on the morning announcements.*
- *Cooks will focus on cleaning between lines...perhaps principal must allot more time for transition.*

***Davis Elementary:***

- *Cafeteria manager and cooks will work with custodian and principals to solve the obstacles issue with brooms, mops, mops buckets and other obstacles.*
- *School will order several posters that promote healthy eating and display them in the cafeteria.*

***Flatwoods Elementary:***

- *White milk will be placed in front of chocolate flavored milk in the coolers*
- *White milk crates will be placed so that they are the first beverage option seen in all designated milk coolers*
- *Got milk posters and other healthful foods posters will be ordered for display in the dining area*

***Frametown Elementary:***

- *Work with the principal to ask art teacher to create visuals promote the students favorite menu item and display this artwork in the dining areas.*
- *Order posters that creates school synergies around healthful eating and milk.*

***Little Birch:***

- *Work with the high school to coordinate a program or school visit for the high schools to talk to the elementary students about healthy eating and wellness.*

***Sutton Elementary:***

- *All beverage coolers have white milk.*
- *White milk is placed in the front of other flavored milks.*
- *White milk is placed so they are the first choice and they are more prominently displayed.*

- *Order decal and decorations that are theme based for decorating school lunchroom equipment.*

### ***Results***

- *All elementary schools are implementing Smarter Lunchrooms strategies for the first time during the 2016-2017 school year. The cafeteria managers and cooks completed the pre-assessment and have selected challenges that they believe need to be address in each of the schools. Additionally, each school's cafeteria staff has selected solutions or strategies from the Smarter Lunchrooms activity book and score card. Results of the effectiveness of these activities will be collected through the post-assessments that will be given at each school prior to the end of the school year. Additionally, all of the cafeteria managers will serve as a member of the Wellness Committee to ensure that connects are being built between all levels of wellness in Braxton County Schools.*