



The 20 Strategies of the Smarter Mealtimes Scorecard

Erin Sharp, MS, MAT, and Heather Hodson, Smarter Lunchrooms National Office

Welcome, thank you for joining!

Please type any questions you have using the Q&A feature and Erin and Heather will address them at the end.

If you are interested in joining the Healthy Food Choices in Schools Community of Practice or have any questions, please contact us at: [healthy food choices in schools@cornell.edu](mailto:healthy_food_choices_in_schools@cornell.edu)



THE 20 STRATEGIES OF THE SMARTER MEALTIMES SCORECARD

Heather Hodson and Erin Sharp, MS, MAT

July 18, 2017

Welcome To

SMARTER MEALTIMES



OVERVIEW: SMARTER MEALTIMES SCORECARD, PART 2

🍏 Introduction

🍏 Instructions

🍓 Support docs and links

🍓 Best practices for using the Scorecard

🍏 20 Strategies

🍓 Any site, any size

🍏 Scoring & Next Steps

🍏 Q & A



NATIONAL SMARTER MEALTIMES FOR CHILD CARE SETTINGS SCORECARD

For more information visit: SmarterLunchrooms.org/Smarter-Mealtimes

Date _____ Site Name _____ Completed by _____

The Smarter Mealtimes Scorecard is a list of simple, inexpensive strategies to promote healthy eating in half- or full-day programs that serve young children. These strategies work in childcare centers, Head Start programs, and family homecare settings.

INSTRUCTIONS

1. Review the scorecard.
2. Observe meal and snack times throughout a single day. Check off statements that are completely true on the observed day and every day. (Check with caregivers about daily routines.)
3. Add up the Scorecard total to determine your award level.
4. Go to smarterlunchrooms.org/smarter-mealtimes for information, tips, recipes, links to signs and labels, and other helpful advice for implementing the strategies.
5. Choose 2-3 unchecked strategies to incorporate into your routine.
6. Once the new strategies are part of the daily routine, excellent! Keep it up! Fill out a new Scorecard and repeat this process at least once per year.

At least two types of fruit are offered and can be fresh, frozen, canned, or dried.*

At least two types of vegetables are offered and can be fresh, frozen, canned, or dried.*

Sliced or cut fruit is offered.

Fruit is offered in attractive bowls or baskets.

Fruits and vegetables are offered first and at least one additional time during each meal.

Fruits are called or labeled with fun, creative names.

Vegetables are called or labeled with fun, creative names.

Fresh, cut vegetables are frequently paired with a healthy dip.

The main dish (or featured entrée) is called or labeled with a fun, creative name.

Taste tests of fruits, vegetables, and main dishes are provided at least once per year.

Children are given opportunities to learn about food and gardening (planting a garden, seed planting, farm tours, nutrition education, etc.) at least once per year.

Popular characters (such as Elmo) are used to promote healthy foods using labels or stickers.

Meals are offered family style.

Caregivers model healthy eating habits such as sitting with children during meals and eating the provided foods.

Caregivers announce the menu as part of the daily routine.

Attractive, healthful food signage (posters, stickers, or clings) is displayed in the child care environment.

A weekly or monthly menu is provided to all families.

Children are encouraged to help with the mealtime set-up and clean-up routine.

All lights in the eating area work and are turned on during meals.

To help decide what foods are offered, children and families are asked to provide feedback.

Scorecard Total _____

 *The Child and Adult Care Food Program (CACFP) provides serving size guidance for meals and snacks.

SMARTER MEALTIMES MOVEMENT *National Office*

NATIONAL CACFP ASSOCIATION

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AWARD LEVEL

- 🍓 Bronze 6-10
- 🍏 Silver 11-15
- 🍓 Gold 16-20



INTRODUCTION



NATIONAL SMARTER MEALTIMES FOR CHILD CARE SETTINGS SCORECARD

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3. Add up the Scorecard total to determine your award level.
4. Go to smarterlunchrooms.org/smarter-meal-times for information, tips, recipes, links to signs and labels, and other helpful advice for implementing the strategies.
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- 🍏 Smarter Lunchrooms principles applied to childcare settings
- 🍏 Makes the healthy choice the easy choice
- 🍏 Simple, evidence-based strategies gently nudge children to make more nutritious choices.
- 🍓 Research and literature review on SmarterLunchrooms.org

INSTRUCTIONS

Best practices for using the Scorecard

-  Complete over the course of one full day (or 60 minutes if you are an outside evaluator visiting for a portion of the day)
-  Post on wall and refer to it throughout the day (one staff member)
-  Only “check” strategies that are completely true
-  “Close” strategies = low-hanging fruit!
-  Don’t worry about strategies that don’t apply to your setting.

Support docs and links on [SmarterLunchrooms.org/ smarter-mealtimes](https://SmarterLunchrooms.org/smarter-mealtimes)



20 STRATEGIES

🍏 Grouped by topic

🍓 Variety

🍓 Fun food names

🍓 Staff role modeling

🍓 Menu

🍓 Fruits and veggies first

🍓 Nutrition education

🍓 Mealtime décor

🍓 Child involvement



AT LEAST TWO TYPES OF FRUIT ARE OFFERED AND CAN BE FRESH, FROZEN, CANNED, OR DRIED.*



- 🍏 2+ options creates choice, which creates buy-in (affirmation).
 - 🍓 Affirmation leads to increased consumption & good feelings about the foods!
- 🍏 Fresh, frozen, canned, or dried = versatile & economical
 - 🍓 Seasonal
 - 🍓 Non-perishable/ storage options
 - 🍓 Variety
- 🍏 * CACFP: Child and Adult Food Care Program
 - 🍓 <https://www.fns.usda.gov/cacfp/child-and-adult-care-food-program>

Variety

AT LEAST TWO TYPES OF VEGETABLES ARE OFFERED AND CAN BE FRESH, FROZEN, CANNED, OR DRIED.*



- 🍷 2+ options creates choice, which creates buy-in (affirmation).
 - 🍷 Affirmation leads to increased consumption & good feelings about the foods!
- 🍷 Fresh, frozen, canned, or dried = versatile & economical
 - 🍷 Seasonal
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Variety



SMARTER MEALTIMES
MOVEMENT

SLICED OR CUT FRUIT IS OFFERED.

- 🍏 Easier for small hands to hold and small mouths (and new teeth!) to eat
- 🍏 Slicing apples and oranges promotes consumption in elementary schools



Variety

FRUIT IS OFFERED IN ATTRACTIVE BOWLS OR BASKETS.



🍏 Visual appeal promotes consumption



FRUITS AND VEGETABLES ARE OFFERED FIRST AND AT LEAST ONE ADDITIONAL TIME DURING EACH MEAL.



- 🍏 Serving healthy foods first in buffet lines improves overall meal selection
- 🍏 Pass around first and again at the end

Fruits and
Veggies First

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SMARTER MEALTIMES
MOVEMENT

FRUITS ARE CALLED OR LABELED WITH FUN, CREATIVE NAMES.



- 🍏 Go to www.smarterlunchrooms.org to download or make your own!
- 🍏 Use as more than just labels!
- 🍏 Use written, visual, and verbal cues

VEGETABLES ARE CALLED OR LABELED WITH FUN, CREATIVE NAMES.



- 🍷 Go to www.smarterlunchrooms.org to download or make your own!
- 🍷 Use as teaching tools!
- 🍷 Use written, visual, and verbal cues

FRESH, CUT VEGETABLES ARE FREQUENTLY PAIRED WITH A HEALTHY DIP.



🥒 Options

- 🍓 Pre-made veg (ex.: baby carrots)
- 🍓 Cut-your-own veg (ex.: peppers)
- 🍓 Dips: hummus, PB, tahini, yogurt -based (fruity, ranch, tzatziki), guacamole, cream cheese

🥒 Making it easy: enter website

- 🍓 Quick -prep videos
- 🍓 Storage ideas
- 🍓 Recipes (large and small batches)

Variety

THE MAIN DISH (OR FEATURED ENTRÉE) IS CALLED OR LABELED WITH A FUN, CREATIVE NAME.



- 🍌 Go to SmarterLunchrooms.org for ideas
- 🍌 Brainstorm with students
- 🍌 Refer to fun names verbally
- 🍌 Tone of voice counts! Remember to show enthusiasm. 😊

Fun Food
Names

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SMARTER MEALTIMES
MOVEMENT

TASTE TESTS OF FRUITS, VEGETABLES, AND MAIN DISHES ARE PROVIDED AT LEAST ONCE PER YEAR.



- 🍓 Repeated exposure can increase liking!
- 🍓 Try food grown in school garden
- 🍓 Introduce new (or uncommon) fruits and vegetables
- 🍓 Showcase new entrée recipes

CHILDREN ARE GIVEN OPPORTUNITIES TO LEARN ABOUT FOOD AND GARDENING (PLANTING A GARDEN, SEED PLANTING, FARM TOURS, NUTRITION EDUCATION, ETC.) AT LEAST ONCE PER YEAR.

- 🍷 Outdoor gardens
- 🍷 Plant seeds indoors
- 🍷 Trips to local farms
- 🍷 Related books
- 🍷 Visit Community of Practice:
http://articles.extension.org/healthy_food_choices_in_schools



POPULAR CHARACTERS (SUCH AS ELMO) ARE USED TO PROMOTE HEALTHY FOODS USING LABELS OR STICKERS.



- 💧 Stimulate excitement!
- 💧 Download your own label template
- 💧 Purchase a pack of stickers and place on preexisting labels
- 💧 Sesame Street characters can be used without royalties to promote healthy food!

Mealtimes
Decor

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**SMARTER MEALTIMES
MOVEMENT**

MEALS ARE OFFERED FAMILY STYLE.



- 🍏 Family style = sitting around a table together, children are encouraged to self-serve their individual portions out of passed main food dishes
- 🍏 Children practice making food decisions and participate in positive social interactions
- 🍏 Fosters positive feelings about eating together and mealtime norms

Child
Involvement



**SMARTER MEALTIMES
MOVEMENT**

CAREGIVERS MODEL HEALTHY EATING HABITS SUCH AS SITTING WITH CHILDREN DURING MEALS AND EATING THE PROVIDED FOODS.



- 🍏 Caregivers are role models!
- 🍏 Demonstrate the importance of making healthy food choices and behaving appropriately at mealtimes
- 🍏 Adds prestige to the mealtime

Staff Role
Modeling

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**SMARTER MEALTIMES
MOVEMENT**

CAREGIVERS ANNOUNCE THE MENU AS PART OF THE DAILY ROUTINE.



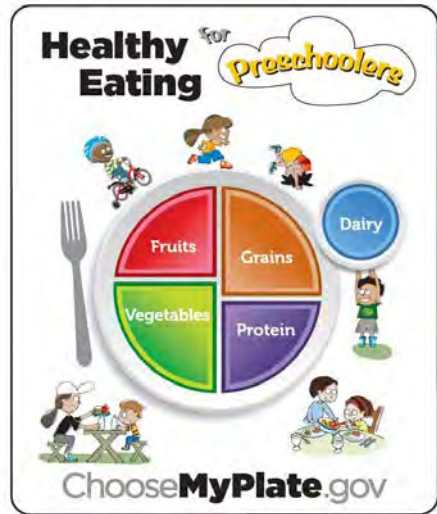
- 🍏 Gives children time to process information and ask questions
- 🍏 Encourages children to try new foods and empowers them to make informed choices

Menu



**SMARTER MEALTIMES
MOVEMENT**

ATTRACTIVE, HEALTHFUL FOOD SIGNAGE (POSTERS, STICKERS, OR CLINGS) IS DISPLAYED IN THE CHILD CARE ENVIRONMENT.



🍌 Wall art

- 🍓 Signs/posters, window clings
- 🍓 Placemats, tablecloth
- 🍓 Utensils & storage containers
- 🍓 Cabinets, refrigerator

🍌 Making it easy: online resources

- 🍓 K-6 Smarter Lunchrooms food labels & No Time to Train
- 🍓 USDA signage, MyPlate
- 🍓 Commodities group (Dairy)
- 🍓 Kids' art ideas! (great way to include nutritional education)


Mealtimes
Decor

A WEEKLY OR MONTHLY MENU IS PROVIDED TO ALL FAMILIES.

Eneput Children's Center

School Menu

Week Eight



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Mini Bagel with Cream Cheese Grapes Boiled Eggs 1% Milk	Pancakes with Strawberries Honey 1% Milk	Cheerios with Bananas Boiled Eggs 1% Milk	Pancakes with Blueberries Honey 1% Milk	Waffles with Raspberries Boiled Eggs 1% Milk
All Snacks	Ham and Cheese Mini Wrap Bananas 1% Milk	Bananas Oatmeal Cookies 1% Milk	Roasted Buts Cheese with Crackers 1% Milk	Apples Pretzels 1% Milk	Orange Slices Ritz Crackers 1% Milk
Lunch	Pork Taco Broccoli Corn Apples 1% Milk	Baked Chicken Mixed Veggies Peaches Roll 1% Milk	Mac and Cheese Green Beans Garden Salad Pears Roll 1% Milk	BBQ Beef Sandwich Cauliflower Oranges 1% Milk	Cheese Sandwich Beef Stew Pineapples 1% Milk
PM Snacks	Peanut Butter and Jelly Finger Sandwiches Grapes 1% Milk	Turkey and Cheese with Ritz Crackers 1% Milk	Celery and Carrots with Peanut Butter Figs 1% Milk	Yogurt and Granola with Strawberries 1% Milk	Granola Apples with Peanut Butter 1% Milk

Toddler and Infant meals will be serve with age appropriate food sized items.

Example:
Whole Milk

Bite sized fruits and vegetables.

Family style dining at all meals and snacks.

Chilled water is available on the dining table during meal service.

- 🍏 Paper copy
- 🍏 Post online (website, e - mail)

Menu



SMARTER MEALTIMES MOVEMENT

CHILDREN ARE ENCOURAGED TO HELP WITH MEALTIME SET-UP AND CLEAN-UP ROUTINE.



- 🍷 Table setting
- 🍷 Napkins
- 🍷 Clean-up
- 🍷 Keep it safe!

Child
Involvement

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**SMARTER MEALTIMES
MOVEMENT**

ALL LIGHTS IN THE EATING AREA WORK AND ARE TURNED ON DURING MEALS.



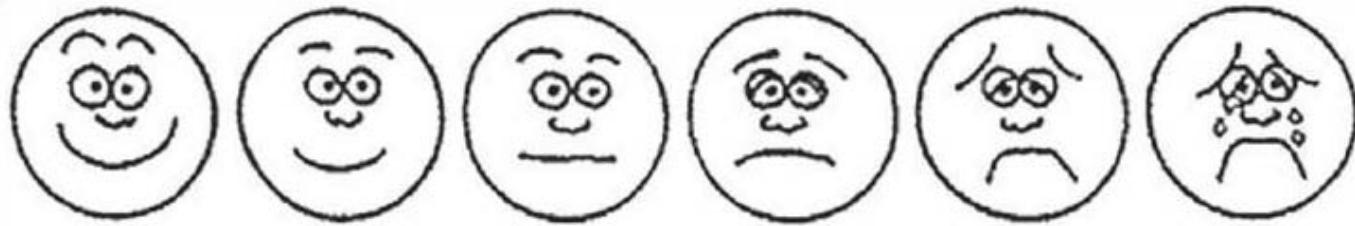
- 💧 Good lighting = good choices!
- 💧 Keep the dining atmosphere clean and pleasant

Mealtime
Décor



**SMARTER MEALTIMES
MOVEMENT**

TO HELP DECIDE WHAT FOODS ARE OFFERED, CHILDREN AND FAMILIES ARE ASKED TO PROVIDE FEEDBACK.



- 🍷 Paper survey
- 🍷 Class discussion
 - 🍷 Show of hands
 - 🍷 Thumbs up/thumbs down
 - 🍷 Favorites chart

SCORING & NEXT STEPS

INSTRUCTIONS

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Remember: “Almost” strategies =
low-hanging fruit!

MORE INFO & SUPPORT DOCS

- 🍏 Smarter Mealtimes Handbook
- 🍏 All additional resources: <https://www.smarterlunchrooms.org/smarter-mealtimes>
- 🍏 Contact Erin Sharp for more information: eks6@cornell.edu
- 🍏 Support materials will be posted at the end of August 2017



FINAL REQUEST

- 🍏 Ideas for getting this to all ECE care providers?
 - 🍓 Licensed/registered preschools and daycares
 - 🍓 Licensing agency, professional association?
 - 🍓 Pediatricians' offices, kids' dentists, hospitals
 - 🍓 Community centers, gyms/YMCA, parks & rec
 - 🍓 Houses of worship, community boards
 - 🍓 Kids' retailers, kid - friendly restaurants
 - 🍓 Online boards
- 🍏 Email other ideas to Erin Sharp, eks6@cornell.edu



QUESTIONS?



THANK YOU

Special thanks to Bianca Smith, MDA, RD



For more information, please contact Erin Sharp,
eks6@cornell.edu

