DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

HEALTHY STUDENTS: READY TO LEARN

STRATEGIES to Increase HEALTHY FOOD Consumption in DC Public Schools

School Food Advisory Board Meeting

February 27, 2019

Department of Health Studies
COLLEGE of ARTS & SCIENCES • AMERICAN UNIVERSITY

Anastasia Snelling, PhD., RD

Erin Watts, MPH

2017: Baseline Data & 2018 Intervention Strategies

Time through the line (n=12)	**58%** of students exit the line within the first 10 minutes of their lunch period	Connected time to eat with meal consumption
Fruit, vegetable, entrée consumption (n=12)	Entrée: **89%** students consume some/all Fruit: **73%** students consume some/all Vegetable: **42%** students consume some/all	Conducted veggie-enhanced entrée taste tests & target vegetable taste tests
Smarter Lunchroom Scorecard (n=23)	Average elementary schools' score: **28.7/60 (Silver Award Level)**	Emerging strategies around positive adult engagement in the cafeteria

Strategy 1: Connecting Time to Meal Consumption

DCPS Wellness Policy states:

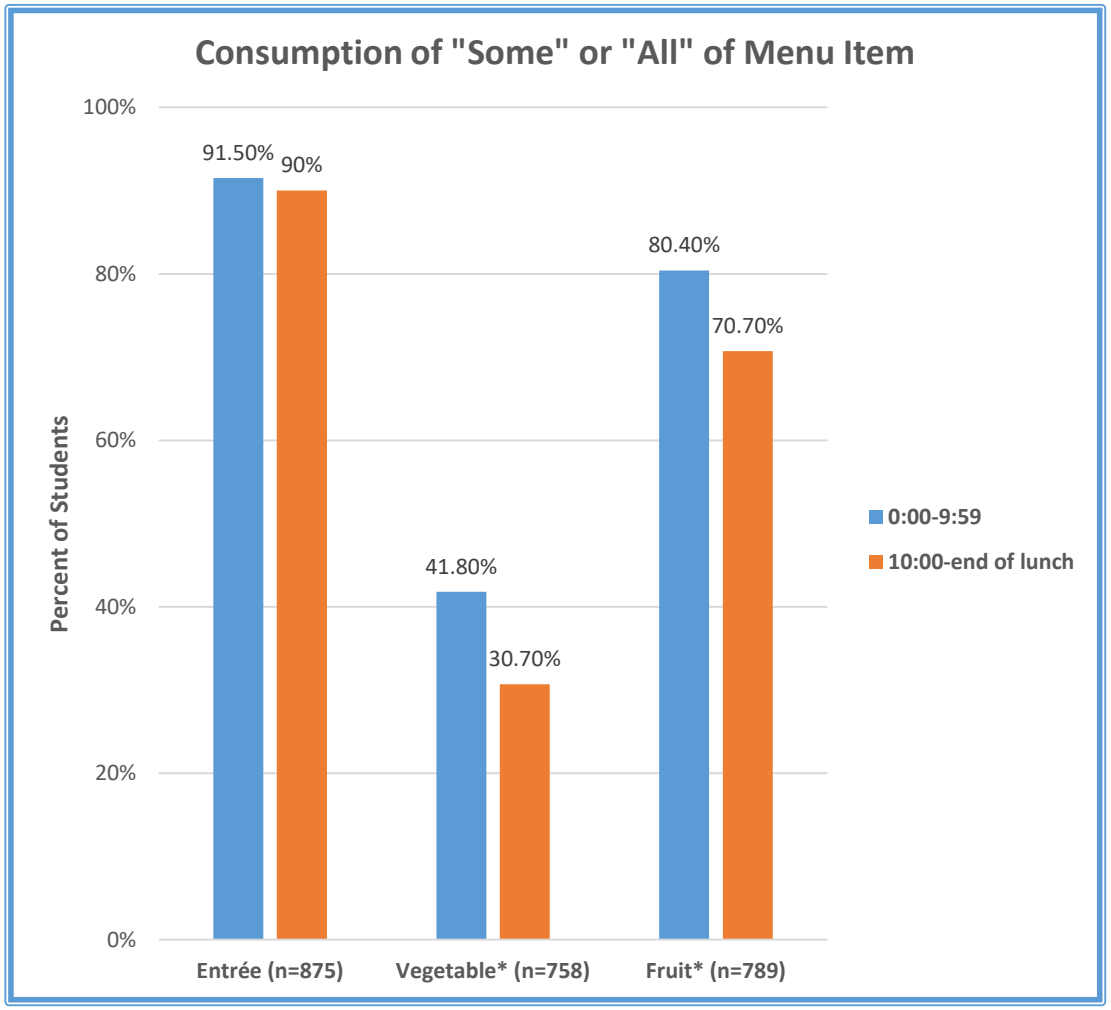
Schools will ensure students have at least 30 minutes to eat lunch and sufficient time during the lunch period for every student to pass through the food service line. (Recommendation: no more than 60 students per serving line/point of sale machine for each 30-minute lunch period);

In 2017:

- Students had an average lunch period of **28 minutes**
- **58% of students** got through the line in the first 10 minutes

2018: Connect time to eat with consumption.

Do students who pass through the point of sale within the first 10 minutes of the lunch period eat significantly more of their meal than students who pass through after the ten-minute mark?



*denotes statistical significance

TIME & CONSUMPTION RESULTS

DISCUSSION

What are your reactions to the association between time and consumption of fruits and vegetables?

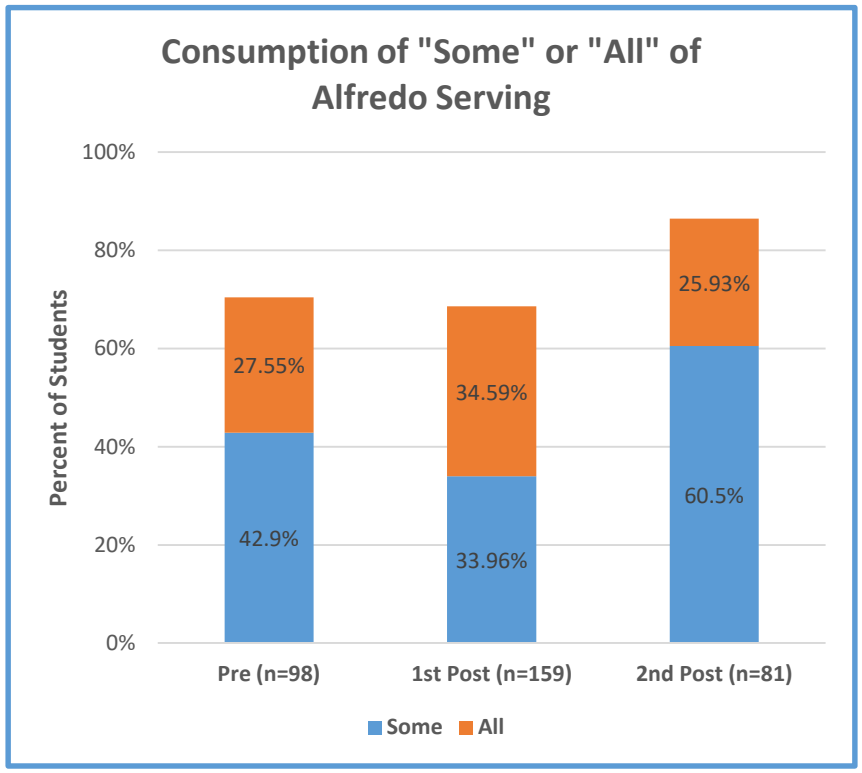
What are some barriers you see in ensuring students have enough time to eat lunch?

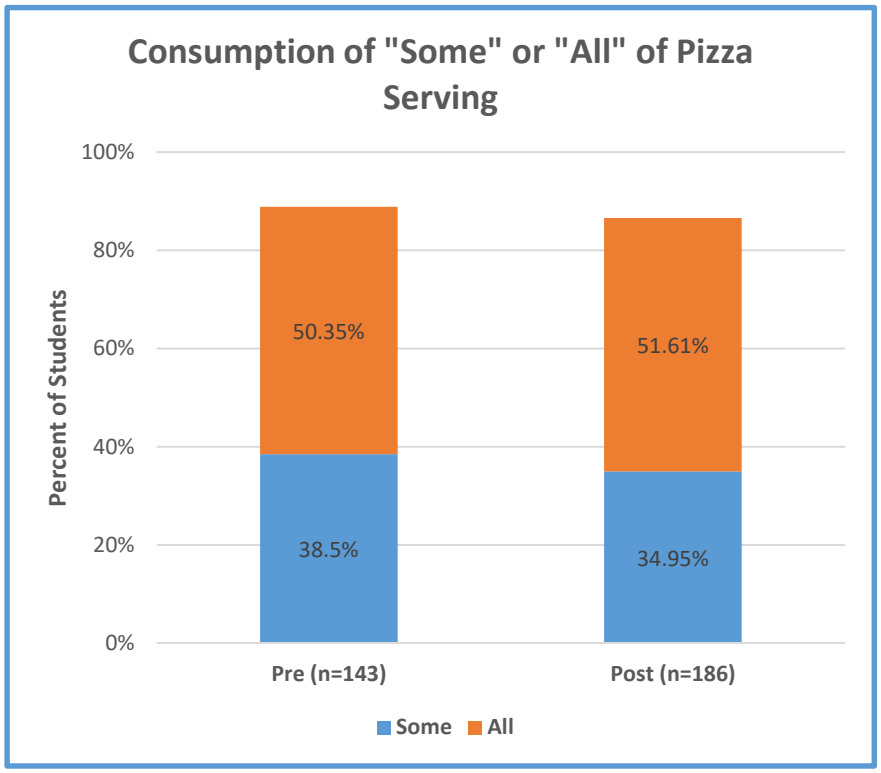
What suggestions do you have to ensure students have sufficient time to eat?

What other factors influence how much time you/students have to eat lunch? And, how can we address these?

Strategy 2: Taste Tests

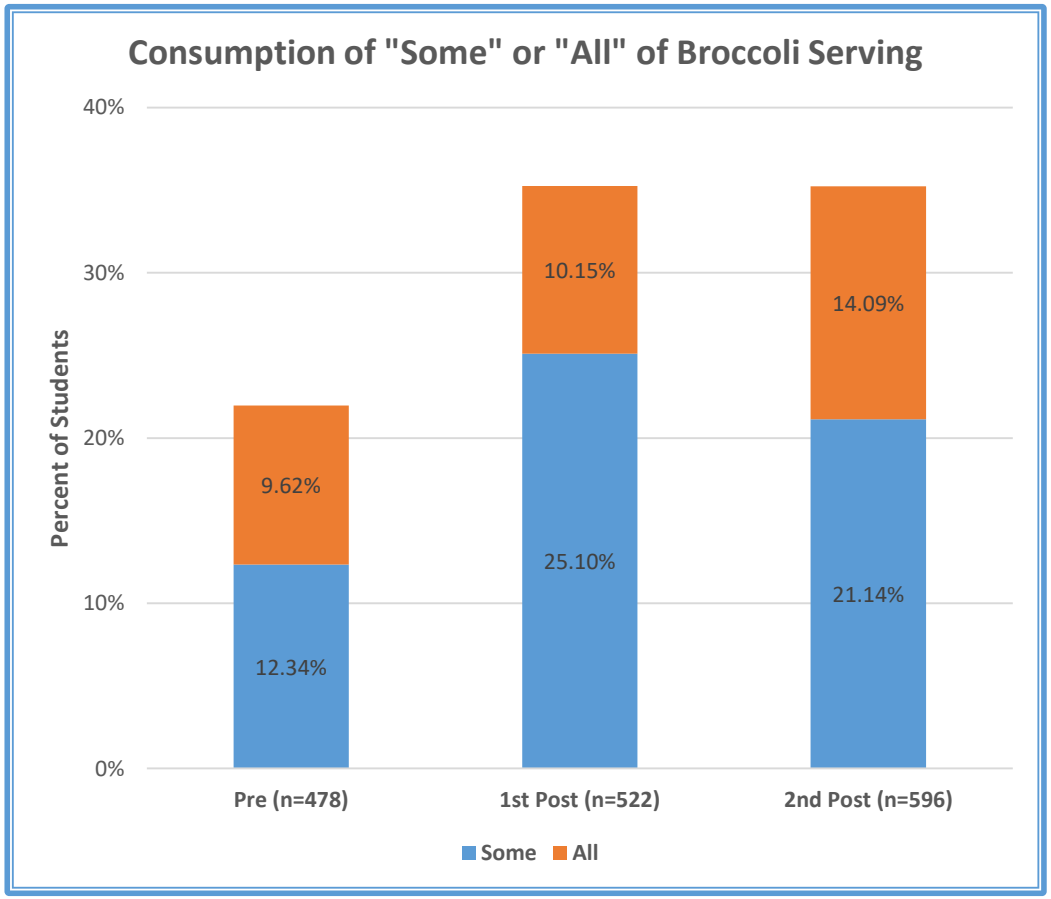
Veggie-enhanced Entrée Consumption Results





Strategy 2: Taste Tests

Target Vegetable Consumption Results



DISCUSSION

What are some other ways we can engage students in the cafeteria?

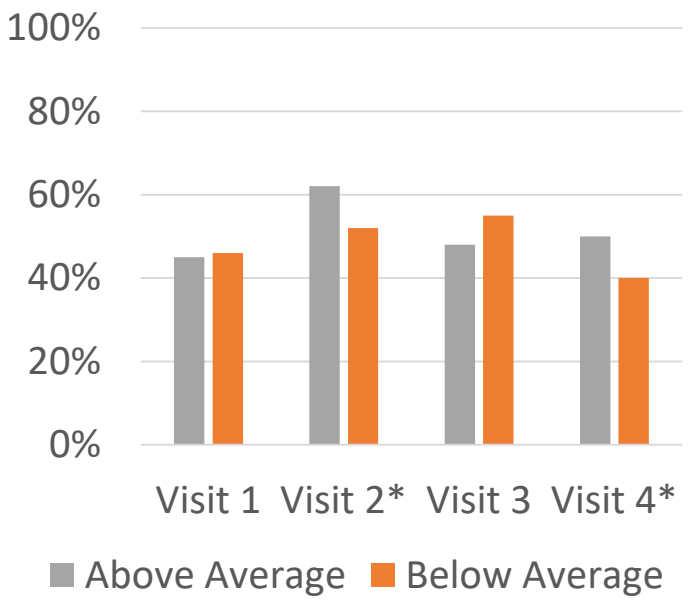
What are the best ways to gather student feedback?

How can we make our menus more reflective of student needs and preferences, while maintaining compliance with nutrition standards?

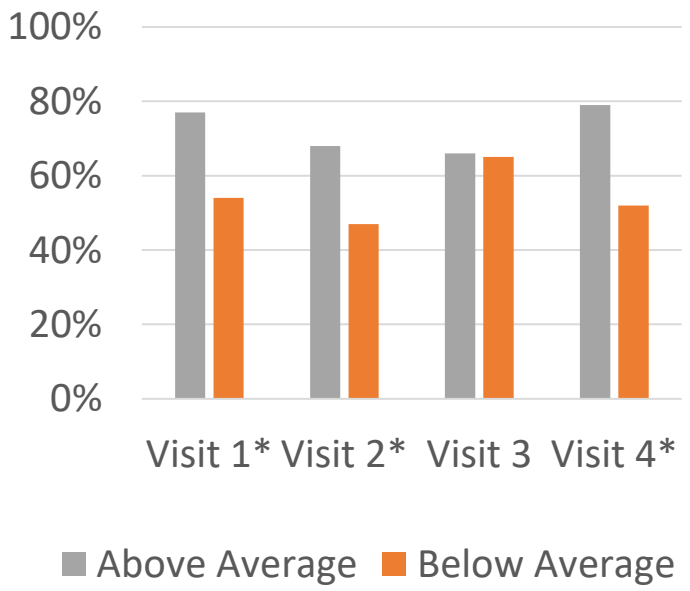
Emerging Strategy: Enhancing the Cafeteria Environment

2017 Baseline Data

Consumption of Vegetables based on Cafeteria Environment



Consumption of Fruits based on Cafeteria Environment



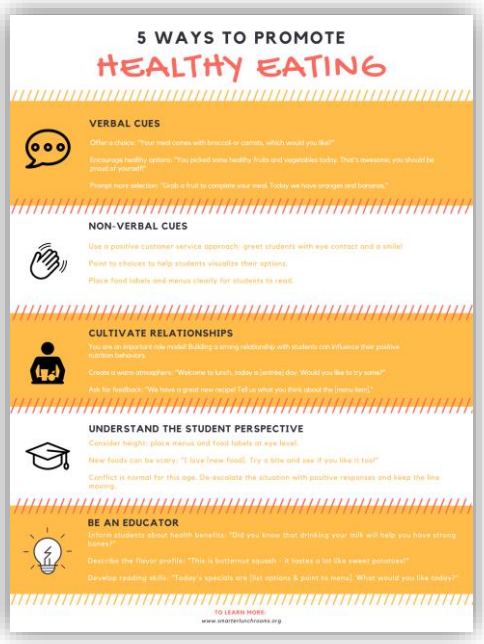
SY 2018/2019 Cafeteria Environment Efforts

Improving Cafeteria Environment has been identified as a priority area for Food & Nutrition Services

- Training with key staff, train the trainer model

Elements from *Smarter Lunchroom Scorecard* that FNS has enacted in SY 18/19

- Use of menu boards to highlight one menu item
- Targeted phrases and cues in line
- “Try me” or fruit/veggie stickers once/week
- Customer service training for foodservice employees



DISCUSSION

What do you think contributes to or takes away from a positive experience in the school cafeteria?

Who do you think can influence the environment in the cafeteria?

What can you do to help create a positive environment in your school cafeteria?

What would you like to see DCPS FNS do to continue this work?

Thank you!

Email

watts@American.edu

or

laura.cochrun@dc.gov
with ideas or questions!