

## Creating a Cafeteria that Promotes Healthy Behaviors

The school cafeteria is a very important place for promoting healthy behaviors. We recommend you work closely with your administration and cafeteria staff to develop an action plan. You may use this checklist to help create a lunchroom that promotes healthy eating:

	Complete	My Action Plan
1. Cafeteria staff provides a clean eating environment.	<input type="checkbox"/>	
2. Signage and/or posters provide nutritional information throughout the cafeteria.	<input type="checkbox"/>	
3. Options include foods with higher nutritional values, such as: <ul style="list-style-type: none"> <li>• Whole grains</li> <li>• Non or low-fat dairy products</li> <li>• Lean or low-fat meats</li> <li>• 100% fruit juice</li> <li>• Fresh fruit and vegetables</li> <li>• High-fiber foods</li> <li>• Low-sodium foods</li> <li>• No sugar-added foods</li> <li>• Non-fried foods</li> <li>• Salad options</li> <li>• Vegetarian options</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

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	Complete	My Action Plan
4. Cafeteria layout promotes healthy eating behaviors by: <ul style="list-style-type: none"> <li>• Placing healthy options at the beginning and end of the lunch line</li> <li>• Placing healthy food options in well-lit areas</li> <li>• Placing healthy food options on/in attractive plates and bowls</li> <li>• Using smaller bowls</li> <li>• Placing sweets behind other options, such as fruits.</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
5. Low-nutrient, energy-dense foods are not offered à la carte, in vending machines or in other areas.	<input type="checkbox"/>	
6. Students are given enough time to eat breakfast and/or lunch, by: <ul style="list-style-type: none"> <li>• Ensuring that bus and class schedules allow enough time for school meals.</li> <li>• Adequate serving lines prevent long waiting times.</li> </ul>	<input type="checkbox"/> <input type="checkbox"/>	
7. Cafeteria staff provides nutrition information about school menu items.	<input type="checkbox"/>	

<sup>1</sup>American Dietetic Association (2010). Position of the American Dietetic Association: Local Support for Nutrition Integrity in Schools, 110, 1244-1254. <sup>2</sup>Wansink, B. & Dyson, J.S. (2010). From mindless eating to mindless eating better. *Physiology & Behavior*, 100(5), 454-463. © 2012 The Cooper Institute.