

## **Smarter Lunchrooms and You!**

1. The Kentucky Department of Education School Nutrition Branch has reached out to Extension about collaborating on Smarter Lunchrooms. County Extension might be hearing from your local School Nutrition Directors, asking about Smarter Lunchrooms trainings.
2. If you need help with a request from your local school, contact your Area Nutrition Agent. They are trained on the Smarter Lunchroom program. They can also provide district/regional Smarter Lunchrooms trainings for agents if there is a need.
3. The Smarter Lunchrooms Concept is a nationwide movement based on proven strategies for nudging students to select and eat the healthiest foods in the school lunchroom.
4. Any work you do with School Nutrition that serves a limited resource audience counts as SNAP-Ed Hours!
5. In addition to regular Smarter Lunchroom efforts, there will be an opportunity to be involved in a special project for select middle schools across Kentucky. Look on the back of this sheet for questions and answers about the special project and let your Area Nutrition Agent know if you might be interested.

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Here's a little more information about the Smarter Lunchroom Middle School Special Project.

**Question:** Who would be involved?

**Answer:** The project would involve one or more County Agents, along with the School Nutrition Director.

**Question:** How much time would it take?

**Answer:** The project itself would last 6 weeks plus two trainings, one ZOOM (2 hours) and one in person (4 hours) in a regional setting.

**What is required:** Agents would gather information both before and after the project, contact the school once weekly during the project, facilitate training with the school staff, and be responsible for gathering and submitting data from the school.

**Question:** When would this happen?

**Answer:** The agent trainings would happen in November, followed by preliminary information gathering from the school. The actual project would happen during one of 3 (6 week) windows in January, February and March. The agent and school would be able to select the window that best fit their schedule. Final information gathering would happen at the conclusion of the 6 week project.

**Question:** Benefits or incentives for the school?

**Answer:** School cafeteria marketing pieces such as messages on banners, staff aprons, stickers, display containers, etc.