



HEALTH AND WELLNESS POWERED  
SCHOOLS AND AFTER SCHOOLS  
JANUARY TO MARCH 2025

# LUNCH ROOMS AND SNACK SPACES CAMPAIGN





# WHAT'S INSIDE

Page 3: Welcome Letter

Page 4: Lunch Rooms & Snack Spaces

Page 5: Visual Cues

Page 6: Where to Start

Page 7: Resources

Page 8: Recipes



# DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership, we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post this materials throughout your site to raise awareness for the topics shared.

This quarter (January to March) our focus is lunch rooms and snack spaces. Lunchrooms are an integral part of every child's school routine. At CFBNJ, we know that better than anyone else. Our programs focus on making healthy food a central part of the child's learning experience, while celebrating the lunchroom, the central space where it all takes place.

We recognize that lunchrooms are the place where not only food is served, but where students socialize and take a break from their academic loads. It may be the only place they have access to nutritious, hot, meals all day. Lunchrooms serve as the conduit by which a community within a school can be built. The significance of every role that makes a successful lunch room possible, from janitorial staff, to principals, to paraprofessionals and lunch staff cannot be understated. The stepping stones of a positive relationship with food begins in a space like this.

The replenishment of energy from a nutritious meal served not only helps with their concentration in the classroom, but boosts their energy and morale and promotes higher quality educational experiences, both in and outside of school. We strive to highlight just how powerful a cafeteria space can be and how we can make them even better for everyone who walks through them.

Best,

Nutrition Education Team  
Community FoodBank of New Jersey







# VISUAL CUES

Lunchrooms and snack spaces should be a safe place for students and, by creating a welcoming space, creates the beginnings of a healthy relationship with food for the rest of students' lives. To help students make the healthy choice, improve the marketing, convenience, and visibility of nutrient dense choices.

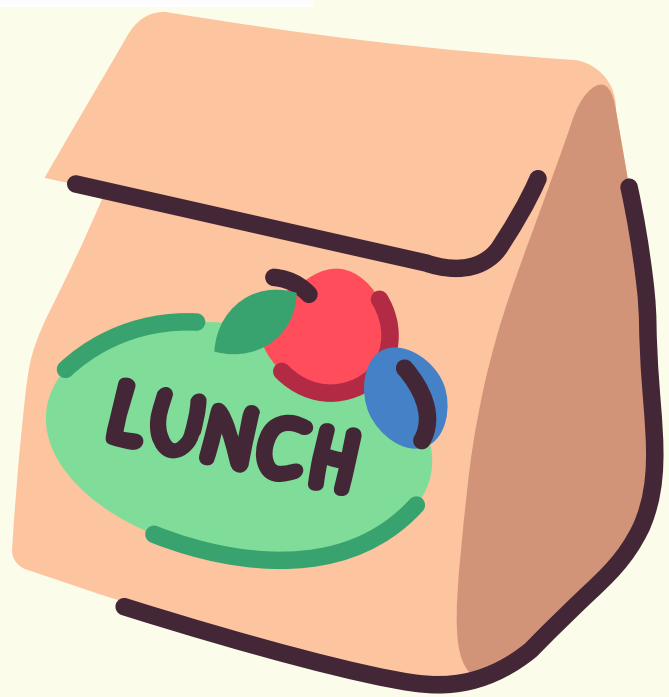
- Enhance Taste Expectations - Check in on the quality of lunch served. Students deserve a yummy meal after learning all day! Having staff and students taste test new food items will help gauge the quality of items being served.
- Marketing Nutrient-Dense Items - Have posters around for students to read and learn about healthy choices while they are waiting on the lunch line. When putting out healthy food choices, give them fun and catchy names that students will gravitate to.
- Location - Promote fresh produce rather than competitive food items. For example, have a fruit bowl in front of the register and chips not as prominent and to the side.
- Time - Make your cafeteria a social center by implementing a staggered schedule for the different classes and setting up conveniently placed serving areas to minimize the time students spend in line.



# HOW TO START SMART LUNCHROOM

## FARM TO SCHOOL

Farm to school is a grant initiative that helps students and communities learn where food comes from. The goal is to use fresh and local produce as a learning tool for schools. Schools throughout New Jersey can partner with NJ farmers to source more than 100 types of Jersey Fresh produce grown here in the Garden State. The impact of having a community garden in school is helpful for giving students more accessible fresh produce. It also allows for inclusion of more opportunities to make healthy choices on the lunch menu.



## INFORMATION



### Physical Activity

Encourage a walk or brain break after lunch time to boost energy.



### Drink Healthy

Access to water stations, encouraging rehydrating after gym/recess with water or healthy beverages



### Waiting in Line

Install a floor sensory path for waiting in line or to promote certain healthy items. For example: "Follow the path to the fruit basket!"



### Stay Connected

Keep parents up-to-date with recipes, menus, gardening, events, and information to encourage parents to model healthy behavior at home.

## SITE

Give support to staff, students, and parents by providing good communication. Expand on multicultural foods based on the community and take a healthier approach to it! Enforce "don't yuck my yum."

## PARENTS

Send menu home to parents so they can push the narrative of healthy eating with the family. Possibly send recipes to parents. Send handouts on teaching students about multicultural foods and the significance of "don't yuck my yum."

## STAFF

Encourage cafeteria staff to greet students with smiles and ask teachers and administrators to spend mealtimes with students. Staff can be encouraged to model healthy behaviors in front of students. You can possibly include a bulletin board or morning announcement catching staff eating healthy with a camera and highlighting them making good choices.

## STUDENTS

Give students more opportunities to socialize with teachers and higher admin and create a safe space by connecting with them. Give students a safe space for allergies so they can safely sit and not be exposed to allergens from others lunches.





# Recipes for School Lunch Program

some classic lunchroom favorites...just a little healthier!

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