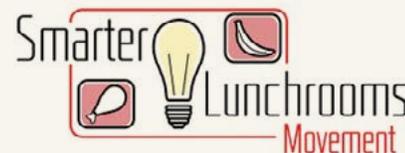


# Smarter Lunchrooms Movement

The [Smarter Lunchrooms Movement](#) was a result of research done by the Cornell University Center for Behavioral Economics in Child Nutrition Programs (or [The B.E.N. Center](#)) in an effort to assist school lunchrooms with tools that have been shown to improve children's eating behaviors. They have created low/no cost methods that incorporate evidence-based principles and practices to promote healthy eating in children.



## According to the B.E.N. Center:

*“A smarter lunchroom is one that nudges kids towards nutritious foods. Over 30 million children are fed by the National School Lunch Program (NSLP). We believe that this program is an opportunity for kids to select and consume a balanced diet. The Smarter Lunchroom applies research-based principles that lead children to make healthy choices when provided with the full spectrum of choice.”*

Source: <http://smarterlunchrooms.org/ideas>

The B.E.N Center incorporates Best Practices that have been shown to help create an ideal environment to “nudge kids” in the right direction for more healthy options. Those Best Practices created by the B.E.N. Center pinpoint certain areas of the school meal, specifically such as:



Focusing on Fruit



Entrée of the Day



Promoting Vegetables and Salad



Increasing Sales of Reimbursable Meals



Moving More White Milk



Creating School Synergies

These Best Practices have been used, incorporated and practiced in a number of schools across the country with proven results in each category.



