

Massachusetts Smarter Lunchrooms Movement



Bedford Public School District, Lane Elementary School

Contact: Ken Whittier

Position: School Nutrition Director

Email: ken_whittier@bedford.k12.ma.us

Phone: 781-275-9129



Smarter Lunchrooms Goals Completed:

- At least one daily fruit option is available near all registers.
- Available vegetable options have been given creative or descriptive names.
- Daily targeted entrées have been provided creative or descriptive names.
- A reimbursable meal has been bundled into a grab and go meal available to students.
- Grab and go reimbursable meals are easily seen by students of average height.
- A daily vegetable option is bundled into grab and go meals available to students.
- All promotional signs and posters are rotated, updated or changed at least quarterly.
- Reimbursable "Combo Meal" pairings have been provided creative or descriptive names.
- All reimbursable "Combo Meal" names are included on the published monthly school lunch menu.
- Student groups are involved in the development of creative and descriptive names for menu items.
- The school has applied or been selected for the HUSSC.

Strategies Used to Complete Goals:

- Making items more visible and accessible
- Creative names for menu items
- Grab and go options
- Bundling fruits and vegetables with grab and go
- Pictures of food (on the line or on menu boards)
- Involvement with students

Key Successes:

- Displaying daily fruit options near all registers.
- Displaying menu boards: large white boards that list the meal components and are placed in such a way that they are visible and readable within all service areas.
- Decorating the dining and service areas with attractive posters and signage that encourage a healthy lifestyle.