



Resource Roundup

August 2017



The Smarter Lunchrooms Movement supported by Cornell Center for Behavioral Economics in Child Nutrition Programs is an easy no-cost and low-cost program targeting changes to encourage students to select, eat and enjoy healthier foods in schools without eliminating their choice.



In response to requests from schools and partners across the country, this handbook, provides schools with the knowledge, motivation, and support needed to build a lunchroom environment that makes the healthy choice the easy choice for all students.

The Smarter Lunchrooms National Office is pleased to present:

[The National Smarter Lunchrooms Handbook: How to Build a Smarter Lunchroom](#)

Contact your County Extension Office for local resources and assistance with implementing the Smarter Lunchrooms Movement

Arkansas Department of Education Child Nutrition Unit

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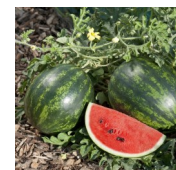
August 2017

Arkansas Local Foods In Season:

Apples



Watermelon



Green Beans



Sweet Corn



August is National Sandwich Month



Social Media Resources

Check out these Facebook pages for great ideas on school nutrition!

<https://www.facebook.com/SmarterLunchrooms>

Smarter Lunchrooms' mission is to equip school cafeterias with tools to make their lunchrooms "smarter"- in other words, to make the healthy choice the easy choice. When students practice choosing the most nutritious option on their own, they develop healthy eating behaviors that can be used for the rest of their lives.

<https://www.facebook.com/Lunch-Lady-Chronicles-164136973673379/>

As a registered dietitian nutritionist that has worked in the school nutrition business for more than 13 years, this lunch-lady has seen a variety of changes in program regulations and guidelines. She shares information about school nutrition and the hows and whys along with some insights into a typical day feeding America's kids.