

Smarter Lunchrooms: Making the Healthy Choice, the Easy Choice

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Utah State University Assistant Professor Cris Meier is leading the Smarter Lunchroom Movement in Utah. The SLM encourages healthy food choices in the lunchroom to make the food more appealing and increase self-efficacy for healthy choices. This in turn is expected to increase consumption of the foods selected by students as they make their own choices instead of being forced to do so. SLM also increases the capacity of food service staff to communicate with students, this could not only improve student healthy food choices but also improve communication where students share if they need assistance accessing meals due to food insecurity.

Contact Us

Hunger Solutions Institute
USU Extension Program
8749 Old Main Hill
Logan, UT 84322-8749

HSI@usu.edu
(435) 797-3923

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