

Woodland Elementary School (Lees Summit, MO)

Our goal was to introduce our students to more food items from the food groups and to also decorate and "makeover" our cafeteria to promote healthy eating. Our participation had dropped off last year so we wanted to make the cafeteria a more inviting place to enjoy lunch while promoting healthy eating and choices. We had our dining area painted with stripes that depict the My Plate colors and decorate with artwork and items that represent fruits/veggies. Everyone is showing more respect in the cafeteria, not only to the workers, they are picking up after themselves and also cleaning up the areas when they are done. Our participation has also gone up and our fruit and veggie consumption has increased while our plate waste is going down. We also have introduced a new yogurt parfait that meets requirements for the school lunch program. This has been a huge hit since the students love yogurt. We also have been trying new whole grain muffin and quick bread recipes. We can see by our production records, our invoices, and our participation reports how we are doing. We have some of the 6th grade students help with taste testing and making posters whenever we are trying new items and doing taste testing. Principal, a local painter, PE teacher, cafeteria manager and cafeteria staff. The only challenge we had was getting the date set for painting. Our district puts the "needed" jobs ahead of the cosmetic, but we still got it completed before the first day of school. Just a little bit of paint and artwork make a huge difference in a dining/serving area. There are many discount places you can find items to decorate with. We have found that when you do some painting, if you have soffets in the ceiling it makes a drastic change by painting those different colors.