



Cobblestone Elementary

Plumas Lake Elementary School District

Nutrition Ambassadors Lead the Way at Crocodile Cafe

Smarter Lunchrooms Focus

1. Move More Milk
2. Increase Reimbursable Meals
3. Create School Synergies



Quick Tip

Be honest with your students. When they ask for foods outside your ability to provide, tell them why. Visit often and talk, listen constantly. Get excited, show your passion. Pass along your love of the project!

—April Mackill,
Nutrition Services Manager

Goals:

- Utilize nutrition education to encourage healthy choices and portion sizes
- Increase participation in breakfast and lunch
- Increase selection and consumption of “Wonderful White Milk”

Actions:

- Established Nutrition Ambassadors student leadership group for interactive nutrition education in the cafeteria
- Added menu item labels and bistro baskets to market and display options
- Established monthly emails and social media accounts like [@PLESDWellness](#) to increase communication with parents and students
- Conducted milk plate-waste study

Results:

- Smarter Lunchrooms Movement (SLM) Scorecard increased from 39 to 67 out of 100 points
- Cafeteria had Nutrition Ambassadors present over 90 percent of the time; conducted taste test during National School Breakfast Week
- Lunch participation increased 4 percent; breakfast participation increased 6 percent
- Plate-waste study showed that wasted milk went from 40–60 percent before changes to 20 percent afterward, with 85 percent of students opting for milk
- Frontline team reported a more pleasant environment for students, less disruptive behavior and an increase in student interest in bundled vegetables

Next Steps:

- Increase the number of serving lines available to students
- Feature student artwork in the serving area and cafeteria
- Continue staff training to focus on preparation and packaging techniques



Cobblestone Elementary

School Site Profile

School Name: Cobblestone Elementary
Grade Levels Served: TK–6
Enrollment: 406
Percent Free and Reduced: 42
Foodservice Director: April Mackill, Nutrition Services Manager

School District Profile

District Name: Plumas Lake Elementary
Grade Levels: K–8
Number of Schools: 3
Enrollment: 1,235
Percent Free and Reduced: 40



SLM Technical Advising Professionals

Names: Leslie Pring/Shannan Young
Agency: Dairy Council of California

Healthy Change at Crocodile Cafe

To improve healthy choices at Cobblestone Elementary School’s Crocodile Cafe, each day the fifth-grade Nutrition Ambassadors student leadership group shared key nutrition messages, highlighted menu items provided by local farmers and provided stickers to students choosing a fruit, vegetable and milk.

Nutrition Ambassadors played a key role in conducting a taste test during National School Breakfast Week. Students tasted new and current entrees, as well as fruits and vegetables, including fresh strawberries from a local farm. Students then provided feedback on whether to “serve again” or “skip it, please.”

With student feedback, April Mackill, Nutrition Services Manager for Plumas Lake Elementary School District, incorporated new food items. A “grab and go” breakfast option was also added for students to take to class when arriving at the last minute. Another positive outcome was that participation in the school breakfast and lunch programs increased by 6 percent and 4 percent, respectively.

Mackill teamed up with Principal Marcie Nichols to encourage “Wonderful White Milk”; as a result, plain milk selection increased significantly while milk waste declined. Mackill reports that initially 40–60 percent of milk was being thrown away but now 85 percent of students are choosing milk, 80 percent of which is consumed.

Engaging students in the conversation with fun taste testing produced many positive results!

Learn more about SLM trainings and resources at

<http://healthyeating.org/Schools/School-Foodservice/Smarter-Lunchrooms-Movement-of-California.aspx>.