

# Student Report



## Principal Coughlin Loves School Lunch!

### Smarter Lunchroom Principals Used

1. Increase visibility
2. Increase convenience
3. Enhance taste expectations

#### School Site Profile

**School Name:** Julia Morgan Elementary  
**Grade Levels Served:** K-6  
**Enrollment:** 543  
**Percent Free and Reduced:** 49%  
**Foodservice Director:** Nancy Rostomily

#### School District Profile

**District Name:** Lodi Unified  
**Grade Levels:** K-12  
**Number of Schools:** 55  
**Enrollment:** 30,349  
**Percent Free and Reduced:** 65%  
**Average Participation:** 19,809



Smarter Lunchrooms TAP:  
Name: Leslie Pring  
Agency: Dairy Council of California

We all know how loud and chaotic school cafeterias can be—but not so at Julia Morgan Elementary School in Lodi Unified School District. According to Leslie Pring, Community Nutrition Adviser for Dairy Council of California, the atmosphere in the cafeteria is calm, students display good manners and Principal Coughlin is right there, helping students with the salad bar. He believes the cafeteria is a perfect place to encourage positive communication, build relationships and model healthy eating behaviors. Principal Coughlin is frequently seen eating the least popular lunch entree, demonstrating how much he enjoys it and encouraging students to “try it next time.” He is committed to encouraging students to try new foods and reports that spending time in the cafeteria is rewarding because he gets to know each child better, while also helping students establish healthier eating habits.

Principal Coughlin loves having the Smarter Lunchrooms Movement (SLM) at his school. He describes the great work nutrition services does with creative menu planning and offering the salad bar to expose students to healthy foods. He and Kitchen Manager Diana Rice are teaming up to add signage and student involvement—two SLM strategies—to make the cafeteria more attractive and inviting. Students are decorating the cafeteria by creating artwork that promotes the five food groups and their favorite lunch menu items. Principal Coughlin believes linking the cafeteria to the classroom helps educate students about the importance of healthy eating.

In addition, he notes that his involvement in the cafeteria not only improves healthy eating but also positively impacts student behavior. Principal Coughlin reports having fewer behavioral issues to address, fewer student conflicts at lunchtime recess and an overall improvement in student morale—a win for healthy eating and a win for positive communication and rapport!

**To learn more about Smarter Lunchrooms Movement trainings and for additional Smarter Lunchrooms resources, visit <http://healthyeating.org/Schools/School-Foodservice/Smarter-Lunchrooms-Movement-of-California.aspx>.**