

Fruit, Not Fries: Lunchroom Makeovers Nudge Kids Toward Better Choices

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NPR:

Gone are the days of serving up tater tots and French toast sticks to students. Here are the days of carrot sticks and quinoa.

New nutritional guidelines, announced in 2012, require public school lunchrooms to offer more whole grains, low-fat milk and fewer starchy sides like french fries. But short of stationing grandmothers in every cafeteria, how do you ensure that students actually eat the fruits and veggies they're being offered?

A minor lunchroom makeover could make a big difference, says Andrew Hanks, a behavioral economist at Cornell University.

In a study published online by *The Journal of Pediatrics*, Hanks and his colleagues David Just and Brian Wansink, at the Cornell Center for Behavioral Economics in Child Nutrition Programs, demonstrate that small, simple changes in presentation and layout can have a large impact on how — and what — students eat.

Read the whole story: [NPR](#)