



# School Based Interventions to Improve Children's Nutrition

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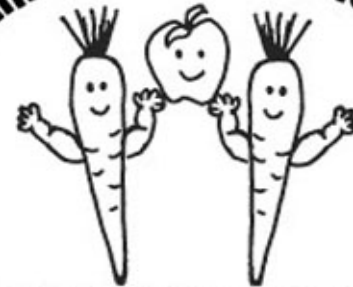
**RUDD CENTER**

FOR FOOD POLICY  
& OBESITY



Yale University

**Gulford Public Schools**



Helping Kids Make  
Healthy Choices



# **How Does Removing Snack Foods from School Cafeterias Change Snack Consumption at Home?**

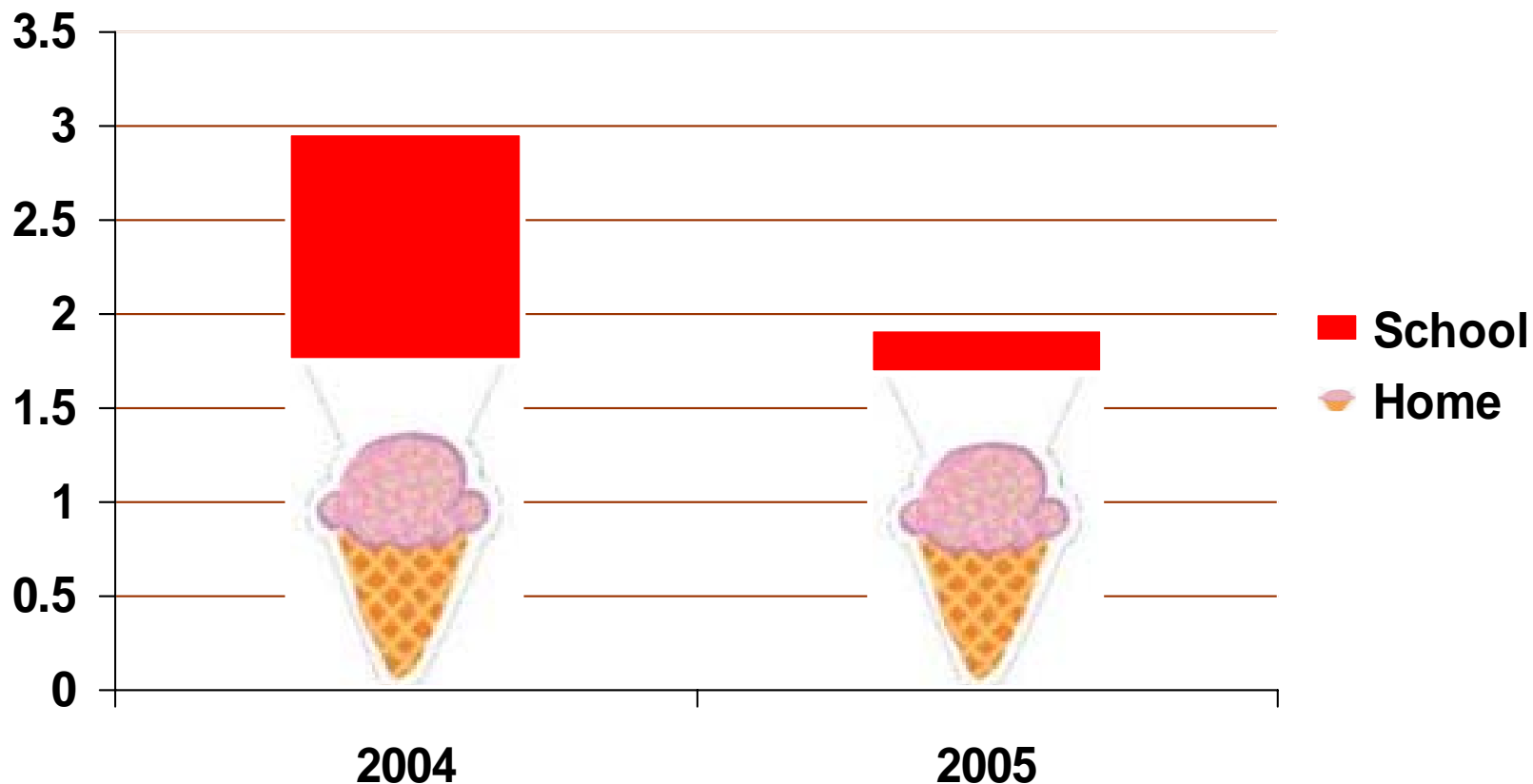


# Hypothesis

- Removal of snacks from schools will result in a decrease in snack consumption at school
- There will be no compensatory increase in snack consumption at home
- Therefore, there will be an overall decrease in snack consumption



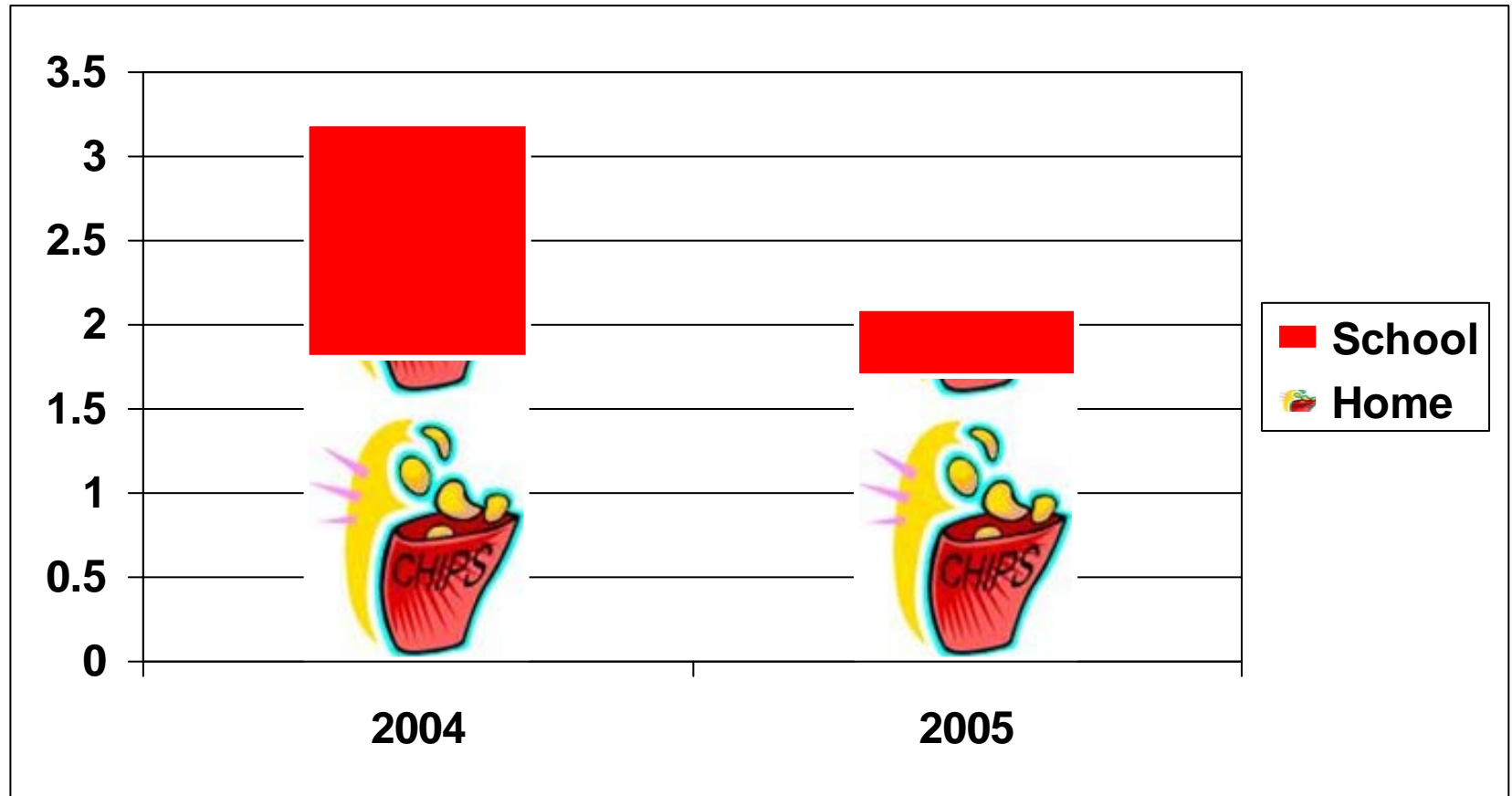
# Total Ice Cream Consumption



Year \* Place Interaction ( $F = 56.1, p < .0001$ )

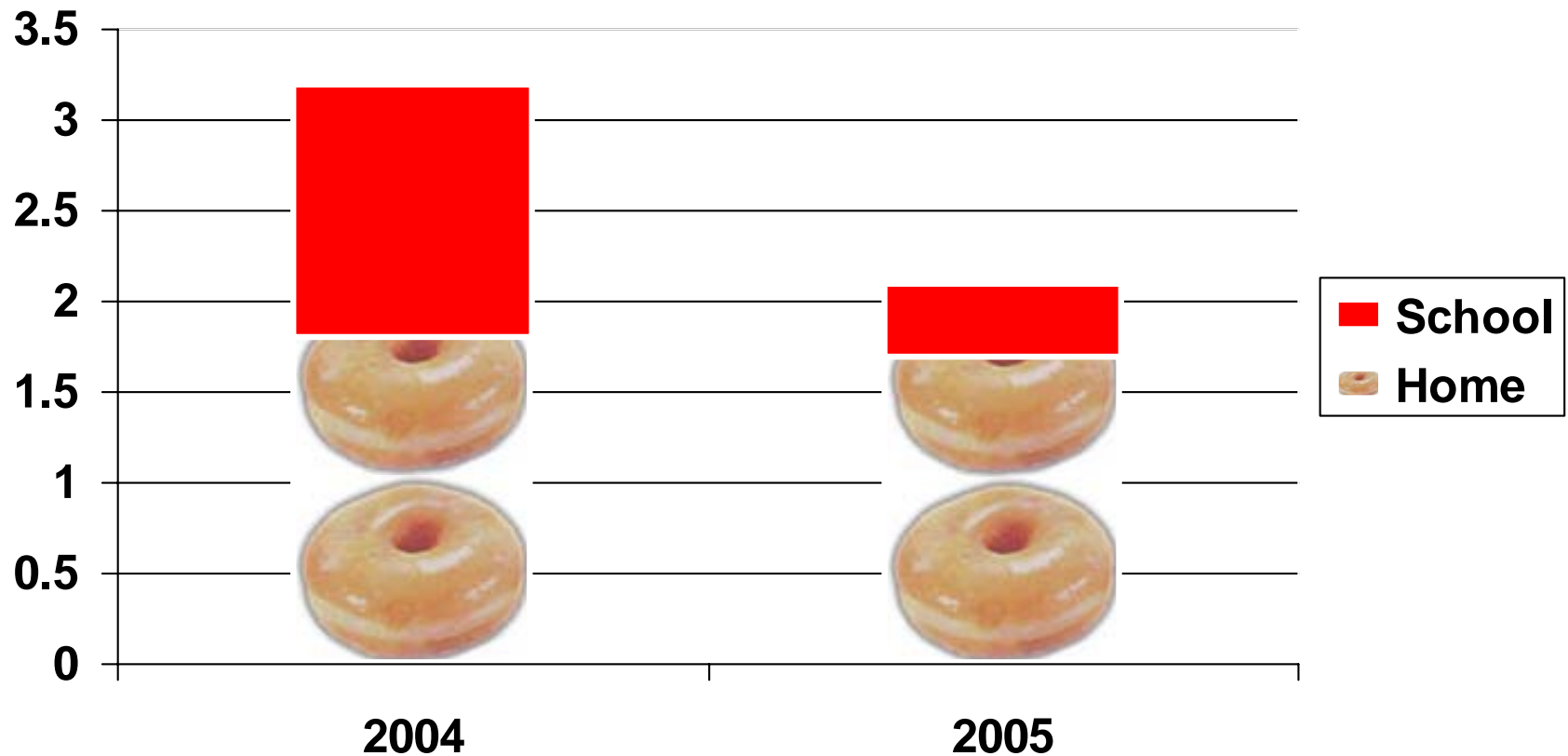


# Total Potato Chip Consumption



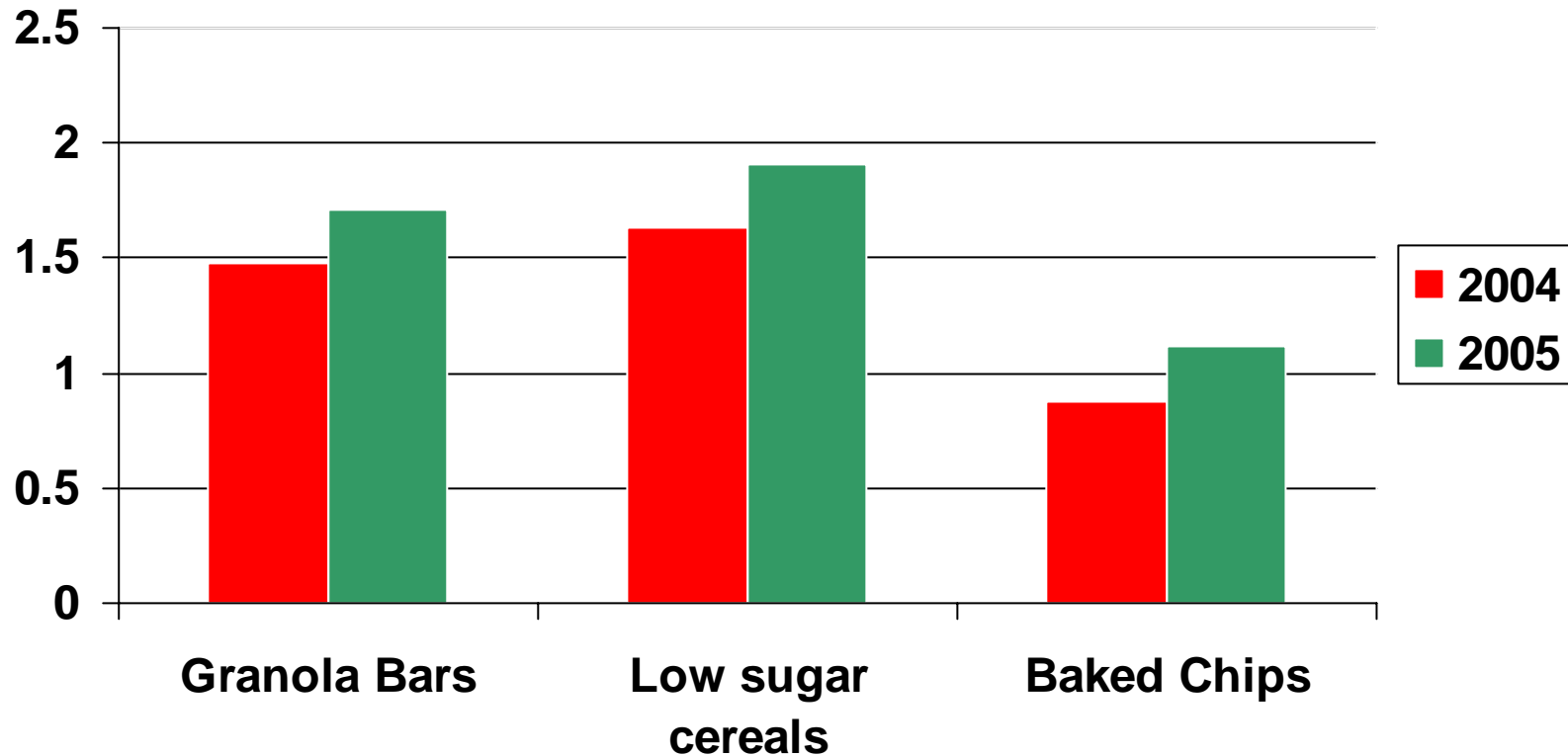


# Total Cookie, Brownie, Donut, and Rice Krispie Treat Consumption





# Snack Changes at Home





# **Serving vs. Offering Fruit in School Lunches: What Is the Impact on Consumption?**

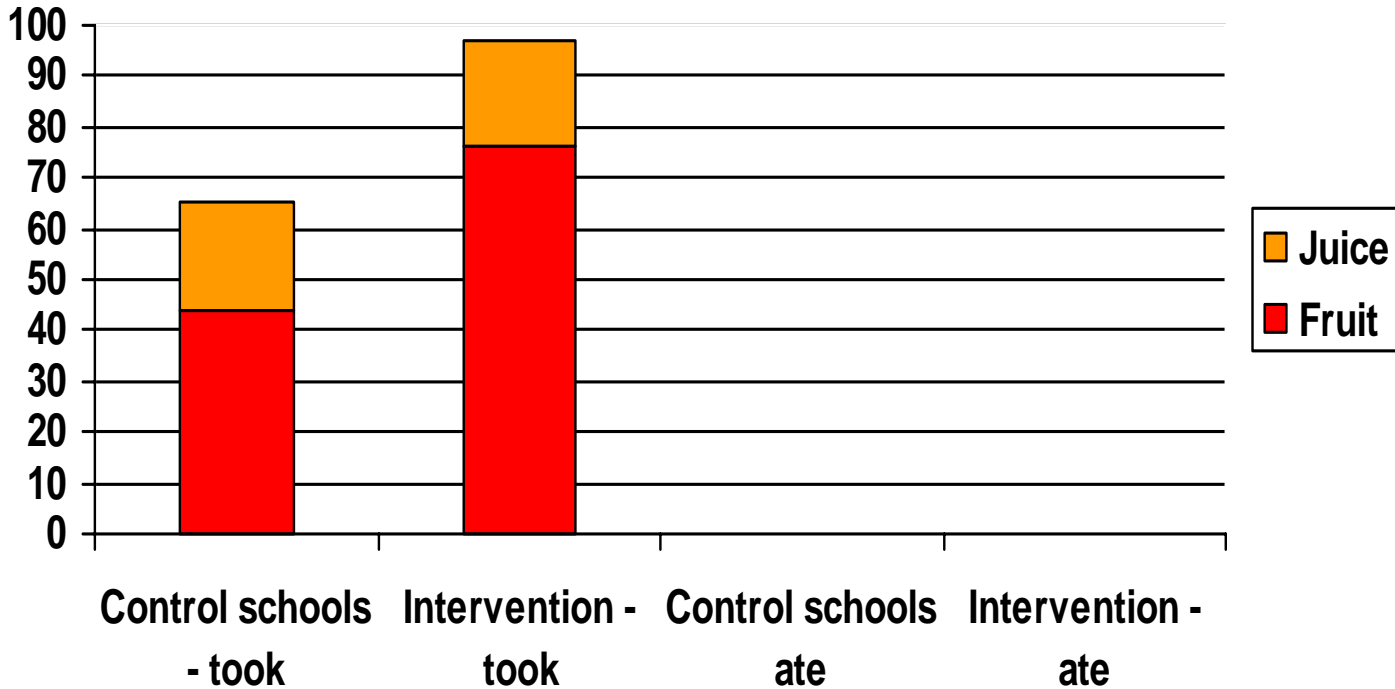


# Fruit Study

- Current USDA guidelines: fruit is “offered” instead of “served”
- Hypothesis: More children would eat fruit if it was served
- Subjects: All children at 2 elementary schools (N = 309 and N = 369) in the same town
- Method: Observation for two days

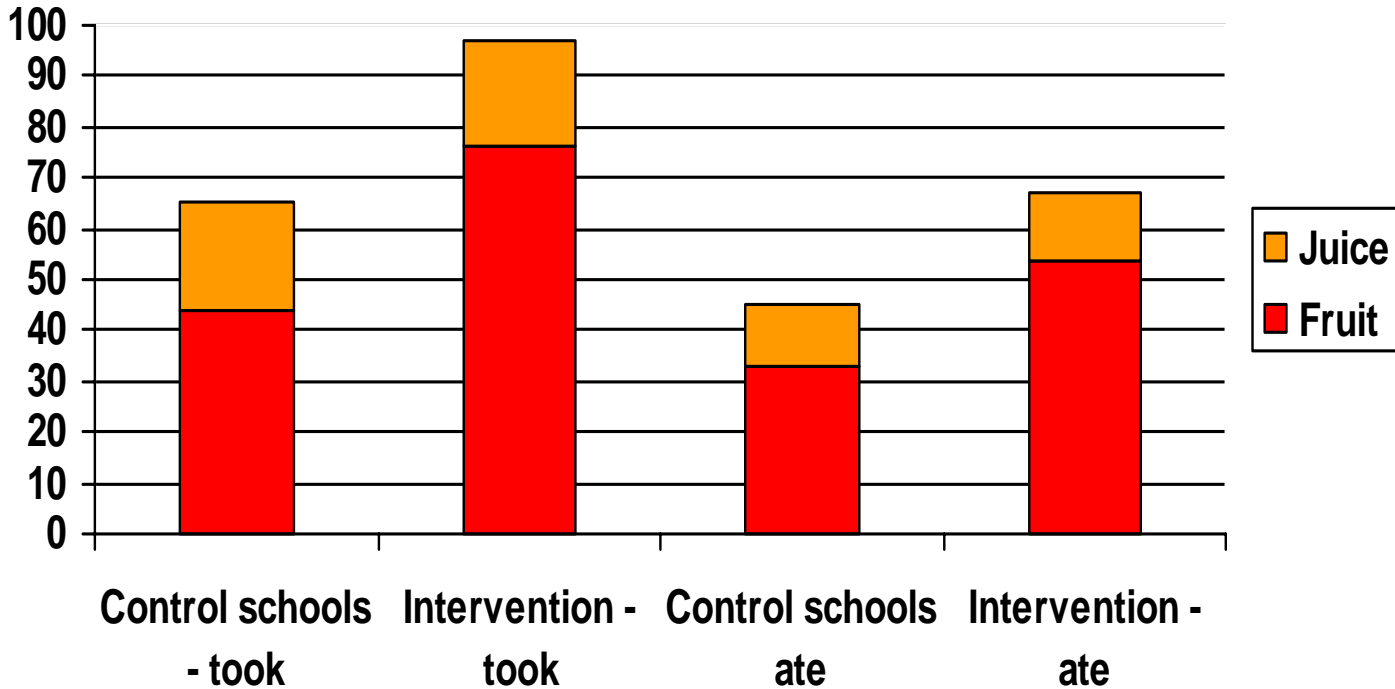


# Serving vs. Offering Fruit





# Serving vs. Offering Fruit





# Findings

- Nearly 70% of children in the intervention school ate fruit at lunch, compared with 45% at the control school
- Once the fruit is on a child's tray, 80% eat it, whether it was served or offered
- This simple intervention could lead to significantly greater fruit consumption among school children