Putting Thought Into Action: DPIE
[diagnose, prescribe, implement, evaluate]

Smarter Lunchrooms Training Workshop
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How do I enact a Smarter Lunchrooms Makeover in my school or district?
Whether you are a Foodservice Director (FSD), Dietitian, Teacher, Administrator, Student, or Concerned Parent, there are 4 steps to bringing Smarter Lunchrooms to your school:

- **Diagnose** – determine what is already working and what is not
- **Prescribe** – recommend up to 5 customized changes
- **Implement** – make the 3 easiest changes which complement the cafeteria and with which school leaders agree
- **Evaluate** – measure and analyze how the changes influence sales of foods before and after implementation
1. **Diagnose**
   - Take detailed (20-25) photos of all parts of the lunch line and cafeteria
   - Observe 3-4 different lunch periods (look for traffic flows and what children do)
   - Identify 5 low cost / no cost changes you think would be most effective (choosing from among the ones you just learned about or what makes good sense to you)
   - Analyze sales data of different foods, looking for red flags
   - Meet with small groups of students to ask what they believe could be done to help kids make healthier choices. Do the same with staff.
   - Identify the different barriers or problems that prevent kids from making healthy choices.
• **1. Diagnose**
• **2. Prescribe**
  • Use the Smarter Lunchrooms Principles you have learned or adapt some of your own
  • Pick the 5 changes you think would be the easiest and most effective
  • Propose these to the school leaders (ex. Foodservice Director/Manager, Superintendent, Principal, etc.)

**Tips:**
• Meet with school leaders when they have plenty of time (e.g. after lunch)
• Begin by telling them what they do exceptionally well, compared to others, and then explain what the goal of these changes is
• For each recommendation, provide evidence of how it has worked in other schools
• Ask for their thoughts: how easy it would be to implement the changes, questions, concerns, etc.
• 1. **Diagnose**
• 2. **Prescribe**
• 3. **Implement**
  • Collect sales data and purchase records for at least a month before implementing any changes
  • Meet with lunch staff and explain the changes that will be made, giving them the opportunity to ask questions and offer suggestions
  • Implement the changes
    • Easy changes can be made overnight or over the weekend
    • Larger changes can be made over a break
1. **Diagnose**
2. **Prescribe**
3. **Implement**
4. **Evaluate**
   - Collect production records, sales and participation data for at least 2 months during the implementation of the changes
   - Compare production records, sales and participation data pre-change vs. post-change
   - Evaluate the effectiveness of the implemented changes
   - Tweak the changes (if necessary)
   - Share your successes, plan more interventions
   - *Share the credit!*
New Tool to Evaluate Impact

- Smarter Lunchrooms Self-Assessment