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| **INSERT** **LOGO** | **TIPS for Successful****Meals in the Classroom (MIC)** |
| **Routine**  | * Develop a clear, structured routine for Meals in the Classroom (MIC).
* Implement the MIC routine from day one.
* Instruct students on the routine and reinforce it regularly.
* See Meal Schedule template for timing.
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| **Clear Expectations** | * Develop clear expectations with student input on defining acceptable behavior during MIC.
* Communicate expectations through student-created classroom posters, art and announcements.
* Share expectations with families.
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| **Patience** | * Be patient during program implementation as students learn new routines.
* The routine will become easier as students gain familiarity, comfort and independence.
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| **Clean Up**  | * Encourage students to take pride and ownership in keeping their space clean.
* Establish routines for cleaning their space and their hands before and after meals.
* Prepare students to respond calmly to the occasional, and inevitable, spills during MIC.
* Have a clean-up caddy accessible and allow students to clean up their own messes.
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| **Time Cues** | * Provide students with gentle time cues during MIC: “*We have about 10 more minutes left for lunch. Has everyone tried a fruit or vegetable?” “We have 1 more minute to finish our meal before we clean up. Do you want another drink of milk?*”
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| **Learning as Part of MIC Routine** | * Include classroom activities and instructional time as part of MIC, when appropriate. Possible activities for students and teachers include:
	+ Take attendance during the morning meal
	+ Outline plans for morning or afternoon lessons
	+ Review homework and tests
	+ Read aloud or silent reading
	+ Present demonstrations or offer instructions for a lesson
	+ Solve puzzles, riddles or quiz questions
	+ Discuss “color of the day” or “word of the day”
	+ Connect an activity to a cafeteria-directed promotion, including both traditional and unconventional holidays and observances, such as National School Lunch Week, National Farm to School Month or Thanksgiving.
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| **Food, Culinary and Nutrition Education**  | * Incorporate appropriate grade-level STEM education and discussions about food, cooking and nutrition into MIC whenever possible.
	+ *Let’s talk about today’s fruits and vegetables. What colors are they? Why are different produce items different colors?*
	+ *How do these fruits and vegetable grow?*
	+ *How are they cooked when you eat them at home?*
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| **Conversation**  | * Help students learn the skills of positive mealtime conversations by reviewing appropriate topics, voice level, listening and not talking while chewing.
* Utilize conversation cards like Iowa Extension cards for mealtimes (free for download at https://bit.ly/30VHxex). Or direct students to make their own conversation cards based on current class topic areas.
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| **Sound and Lighting** | * Use music and lighting to set a calm and comfortable mood for MIC.
* If possible, turn lighting down during mealtimes. Play music that is related to a lesson. Allow students to make music selections when appropriate.
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