

# How to Access the Creating Smarter Lunchrooms Online Course

1. Go to [www.ecornell.com/slmtraining](http://www.ecornell.com/slmtraining)
2. A new window will open. Scroll to the bottom of the page and click on the + sign next to the words Smarter Lunchrooms.

The screenshot shows the eCornell website interface. At the top, there are navigation links for 'Home', 'Item(s)', and 'Student Login'. The main header features the eCornell logo, the Smarter Lunchrooms Movement logo, and the Cornell University seal. On the left side, there is a 'Student Services' sidebar with contact information and a 'Welcome to eCornell' banner. The main content area is titled 'Creating Smarter Lunchrooms' and includes a 'Steps to enroll:' section with five numbered steps. Below this is a 'RULES OF USE:' section with a disclaimer and contact information. At the bottom, there is a 'Courses' section with a list of courses, including 'Smarter Lunchrooms', which has a plus sign next to it. A large red arrow points to this plus sign.

Home Item(s) Student Login

eCornell

SMARTER LUNCHROOMS MOVEMENT National Office

Student Services  
1-800-801-0287  
+1-607-330-3200  
Option 4 (International)  
helpdesk@ecornell.com  
Help  
Drop/Transfer Policy

Welcome to eCornell

Experience eCornell:  
What to expect from your Cornell University courses

## Creating Smarter Lunchrooms

**Steps to enroll:**

1. Below, select 'Smarter Lunchrooms' and then 'Enroll Now'.
2. Next select 'Add to Cart' and then 'Checkout.'
3. Then Log In or Create a new user Account.
4. Complete the required fields marked with an asterisk (\*) to create and save your user account profile, and complete your transaction.
5. You will receive confirmation emails for your transaction that will provide you with details about how to log in to begin your course.

**RULES OF USE:**

This project was funded at least in part by the U.S.D.A. The contents of this course do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement of the U.S. government.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (202)720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

(c) 2018, Smarter Lunchrooms Movement National Office

The contents of this book are the intellectual property of the Smarter Lunchrooms Movement National Office and the Cornell Center for Behavioral Economics in Child Nutrition Programs (B.E.N. Center). You may freely use the text and information contained in this course for non-profit or educational use with no cost to the participant for training, provided it is credited "courtesy of the Smarter Lunchrooms Movement National Office and the Cornell Center for Behavioral Economics in Child Nutrition Programs (B.E.N. Center)." This material may not be incorporated into other websites, textbooks, or courses and may not be sold.

Smarter Lunchrooms branded images, including logos and icons, are the property of the B.E.N. Center and may not be replicated or shared without written permission, except for the educational purposes described above.

For more information, please contact [SmarterLunchrooms@cornell.edu](mailto:SmarterLunchrooms@cornell.edu).

All rights reserved.

**Students have 30 days from date of enrollment to complete the course. The course should take approximately 2 hours to complete.**

### Courses

To view the description, dates and times offered, and additional information about a course, click the course name below.

Smarter Lunchrooms +

3. Click on the Enroll Now > button.

**Courses**

To view the description, dates and times offered, and additional information about a course, click the course name below.

Course Title	Status
PTRBEN001 Creating Smarter Lunchrooms	<a href="#">Enroll Now &gt;</a>

4. Click the Add to Cart button on the right hand side.

**eCornell**

**SMARTER LUNCHROOMS MOVEMENT**

**Student Services**  
1-800-801-0287  
+1-607-330-3200  
Option 4 (International)  
helpdesk@ecornell.com  
Help  
Drop/Transfer Policy

**WELCOME TO eCornell**

**Experience eCornell:**  
[What to expect from your Cornell University courses](#)

## PTRBEN001 - Creating Smarter Lunchrooms

### Course Description

This course provides a strong understanding of behavioral economics theory and how it can be used to "nudge" students to select, eat, and enjoy healthy food options in the K-12 school lunchroom environment. Many effective strategies for leveraging behavioral economics to promote healthier food choices in lunchrooms will be explained and demonstrated. Participants will practice identifying areas of opportunity and will identify tools for engaging stakeholders and working in lunchrooms.

Successful completion of this course will earn two (2) Continuing Education Units (CEUs) from the School Nutrition Association (SNA).

This course includes

- Informative videos with optional supplemental readings
- Exploration and application activities
- Tools to download and use on the job
- Summarized notes and reflections
- Graded assessments

### Enroll Now - Select a section to enroll in

**PTRBEN001** 25 Apr 2018  
**Available**

**Add to Cart**

Type: self-paced (non-instructor led)  
Dates: Apr 25, 2018 to Dec 31, 2020  
Course Fee(s): Contract Fee \$0.00

5. A dialogue box will appear. Click the Checkout button.

**1 Item(s)**

**Course PTRBEN001 - Self\_Paced was added to your cart.**  
Click checkout to complete the transaction.

[Close](#) [Checkout](#)

6. Click the Checkout button again.

The screenshot shows the eCornell Cart page. At the top left is the eCornell logo. In the center is the 'SMARTER LUNCHROOMS MOVEMENT National Office' logo. At the top right is the Cornell University logo. Below the eCornell logo is a 'Student Services' sidebar with contact information and a 'Welcome to eCornell' video player. The main content area is titled 'Cart' and features a 'Continue Shopping' button. Below this is a table with one item: 'Creating Smarter Lunchrooms' (Course) with a 'Remove from cart' link. The cart summary shows 'Contract Fee: \$0.00' and 'Subtotal \$0.00'. The total is '\$0.00'. A red 'Checkout' button is located at the bottom right, with a large red arrow pointing to it from the right side of the page.

7. Enter your email address to begin creating a new account. Then click continue.

The screenshot shows the eCornell 'Create Your Account' page. At the top left is the eCornell logo. In the center is the 'SMARTER LUNCHROOMS MOVEMENT National Office' logo. At the top right is the Cornell University logo. Below the eCornell logo is a 'Student Services' sidebar with contact information and a 'Welcome to eCornell' video player. The main content area is titled 'Create Your Account' and includes the text: 'A user name and password will be emailed to you on completion of this transaction. Please enter your primary email to continue.' Below this is an 'Email Address' input field. A red 'Continue' button is located below the input field, with a large red arrow pointing to it from the right side of the page. Below the button, there is a link: 'Already have an account? Log in here.'

8. Create a password and add your contact information. Then click the Continue Checkout button.

+1-607-330-3200  
Option 4 (International)

helpdesk@ecornell.com

Help

Drop/Transfer Policy

Welcome to eCornell

Experience eCornell:  
[What to expect from your Cornell University courses](#)

### Create a Password

New Password

Retype New Password

### Contact Information

First Name

Last Name

Name as It Will Appear on the Certificate

mary.mills@sjsu.edu

Phone Number

United States

State/Province

Continue Checkout

9. Click the box indicating that you read the policy information. **Note: you will not be charged for this course.** Then click the Continue Checkout button.

## Cart

Creating Smarter Lunchrooms Course

Contract Fee: \$0.00

Subtotal \$0.00

Total \$0.00

### Policy Confirmation

I have read and understand the **drop, transfer, refund, security, and eCornell Privacy Policy** and approve charging the above indicated amount on my credit card.

The Family Educational Rights and Privacy Act (FERPA) is a United States law that protects the privacy of student records. eCornell must have your explicit permission to release your contact information.

Continue Checkout

10. Scroll down to the bottom of the page and click on the Access Your Courses button.

**eCornell**

Profile / Payment / Receipt

## Thanks — You're All Set!

Welcome to eCornell.

You will also receive a receipt by email.  
Basket No: 430177  
Date: May 15, 2018  
Student Number: G000851

The transaction was successfully completed. Please print this page for your records.

### Purchased

Creating Smarter Lunchrooms	Course
Contract Fee: \$0.00	
Subtotal \$0.00	

**Total \$0.00**

Smarter Lunchrooms Movement National Office (G000851) Invoiced.

### Here Are Your Next Steps...


Check out these helpful links for accessing your courses and managing your account.

**Go to [lms.ecornell.com](https://lms.ecornell.com) for:**

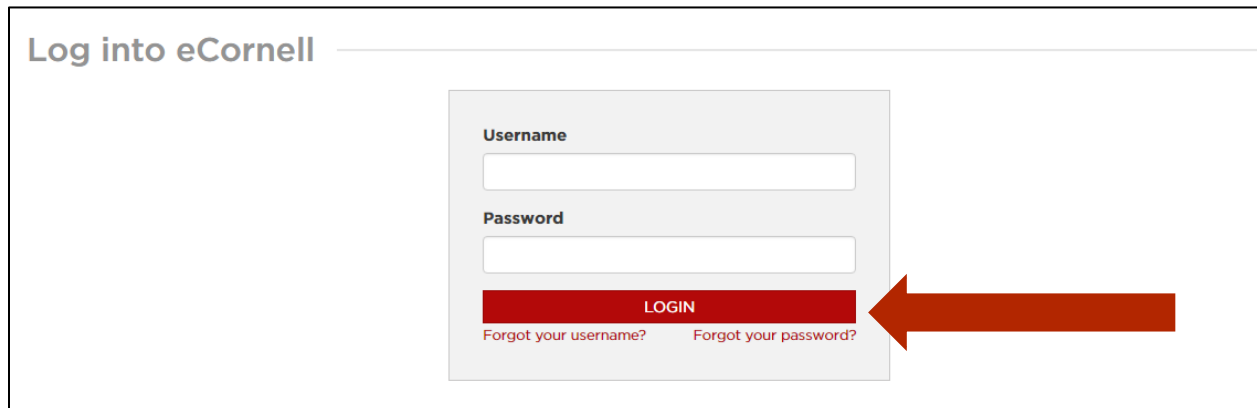
- My Account: Complete your profile and update your notifications.
- Dashboard: Access your courses when available. See any course notification, announcement or messages.
- Inbox: Message fellow classmates or your instructor.
- Admin: Complete any administrative tasks.

**Go to [portal.ecornell.com](https://portal.ecornell.com) for:**

- Certificates: Select dates for courses, track your progress and print your certificate.
- Update your contact information and change your password
- Enrollment History: This includes your current completed courses as well as access to your letter of completion. You can also drop or transfer courses here.

 [Access Your Courses](#) [Manage Your Account](#)

11. Enter your username and password. Then click the LOGIN button.



Log into eCornell

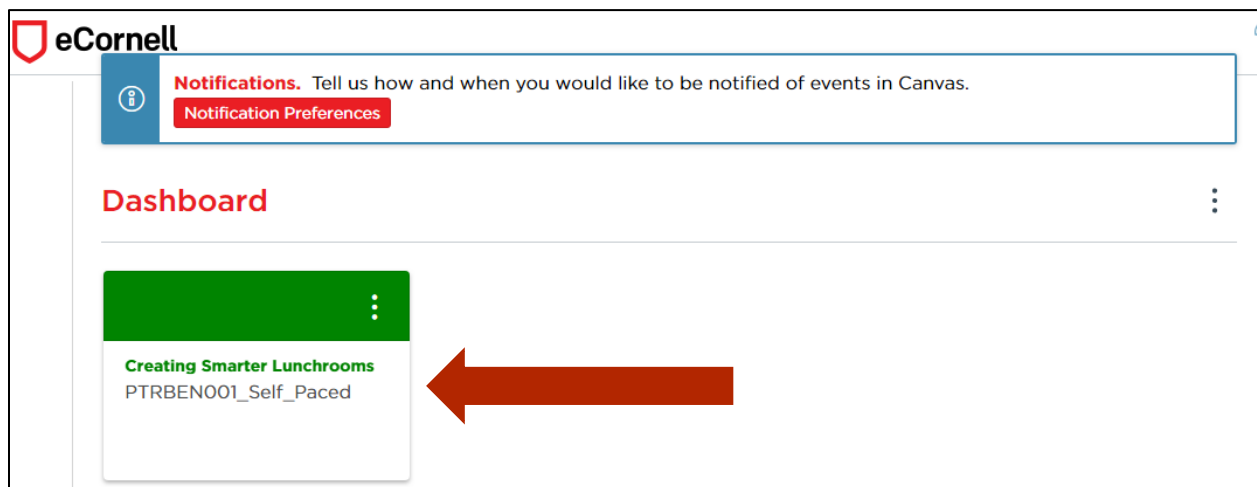
Username

Password

**LOGIN**

[Forgot your username?](#) [Forgot your password?](#)

12. Click on the Creating Smarter Lunchrooms Course



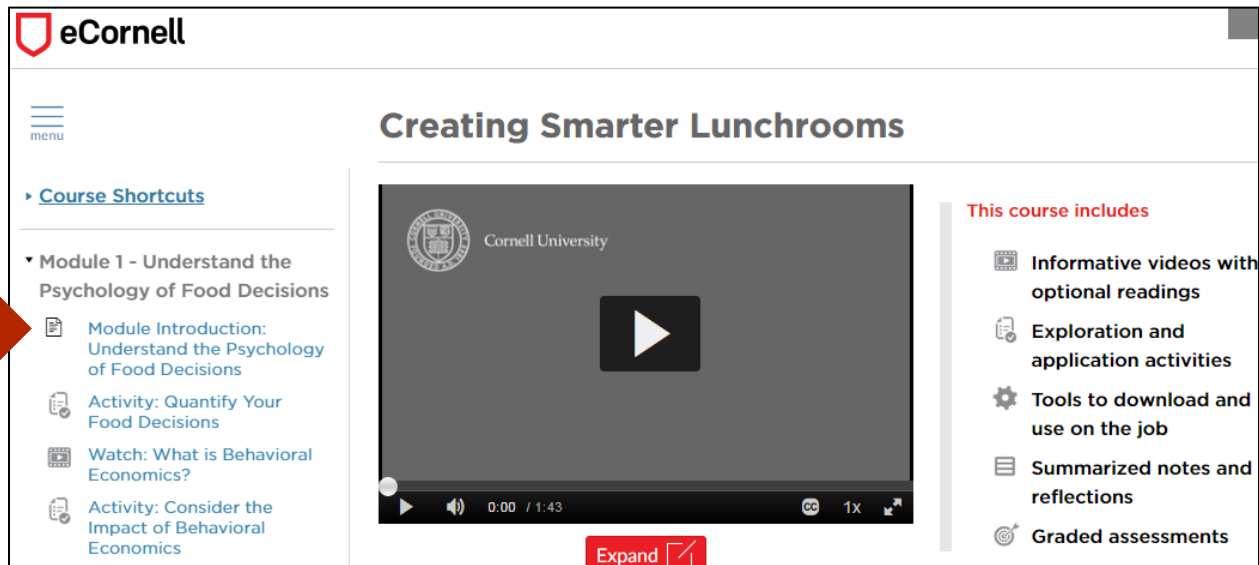
**eCornell**

**Notifications.** Tell us how and when you would like to be notified of events in Canvas.  
[Notification Preferences](#)

**Dashboard**

**Creating Smarter Lunchrooms**  
PTRBEN001\_Self\_Paced

13. Watch the Introductory Video, then Click on Module Introduction: Understand the Psychology of Food Decisions to the left of the video.



**eCornell**

## Creating Smarter Lunchrooms

menu

▶ **Course Shortcuts**

▼ **Module 1 - Understand the Psychology of Food Decisions**

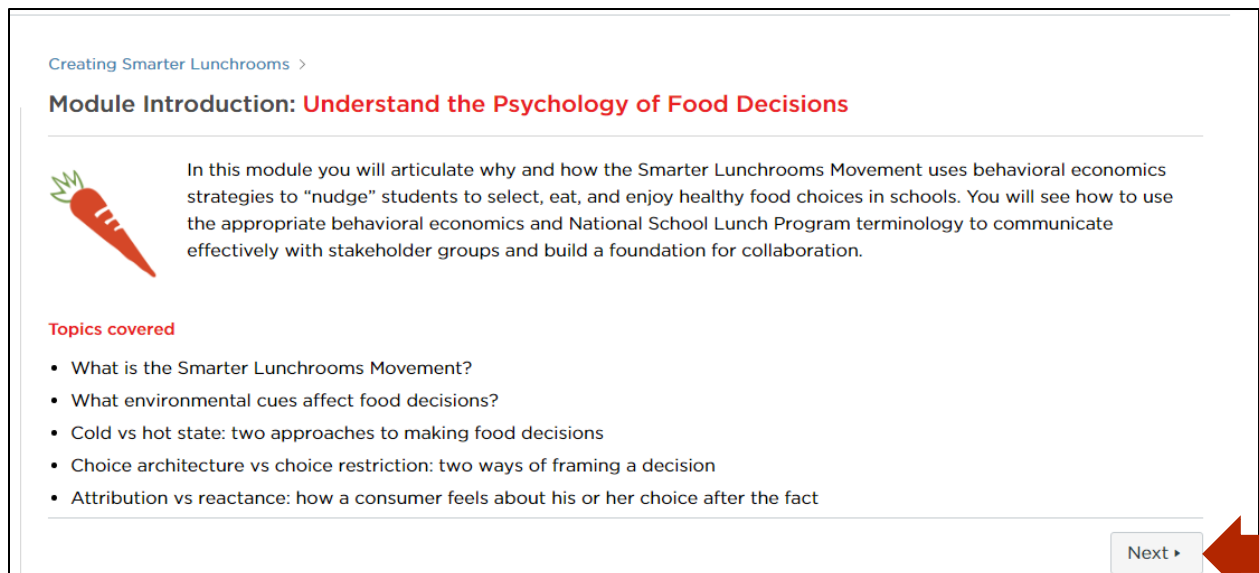
- ▶ **Module Introduction: Understand the Psychology of Food Decisions**
- ▶ Activity: Quantify Your Food Decisions
- ▶ Watch: What is Behavioral Economics?
- ▶ Activity: Consider the Impact of Behavioral Economics

**This course includes**

- ▶ Informative videos with optional readings
- ▶ Exploration and application activities
- ▶ Tools to download and use on the job
- ▶ Summarized notes and reflections
- ▶ Graded assessments


Expand

14. Begin the course. You can advance to the next section by clicking on the Next button at the bottom of each page.



Creating Smarter Lunchrooms >

### Module Introduction: Understand the Psychology of Food Decisions


 In this module you will articulate why and how the Smarter Lunchrooms Movement uses behavioral economics strategies to “nudge” students to select, eat, and enjoy healthy food choices in schools. You will see how to use the appropriate behavioral economics and National School Lunch Program terminology to communicate effectively with stakeholder groups and build a foundation for collaboration.

**Topics covered**

- What is the Smarter Lunchrooms Movement?
- What environmental cues affect food decisions?
- Cold vs hot state: two approaches to making food decisions
- Choice architecture vs choice restriction: two ways of framing a decision
- Attribution vs reactance: how a consumer feels about his or her choice after the fact

Next ▶

15. When you complete the course, click on the appropriate Certificate Option for you.

 **Activity: Course Evaluation Survey**

Thank you for taking this course. Please now take a few minutes to participate in this evaluation survey. Your participation here will help us develop future online courses as well as other training materials.

Thank you for completing the course! Please click the link below that corresponds with the certificate type that you require. The certificate will open in a new tab in your browser. You may then fill in the entry fields and either save or print the certificate. Please direct any questions to [smarterlunchrooms@cornell.edu](mailto:smarterlunchrooms@cornell.edu)

[Certificate of Completion](#)

[Commission of Dietetic Registration CEU Certificate](#)

[School Nutrition Association CEU Certificate](#)

16. When you select a certificate option, a new window will appear. Add your name and date to the certificate and save it to your records by clicking the download button in the upper right hand corner.



1 / 1

# CERTIFICATE OF COMPLETION

AWARDED BY



To

[Redacted Name Field]

FOR SUCCESSFUL COMPLETION OF THE CREATING SMARTER LUNCHROOMS ONLINE COURSE

  
BRIAN WANSINK, PHD, CO-DIRECTOR, SMARTER LUNCHROOMS MOVEMENT

  
DAVID JUST, PHD, CO-DIRECTOR, SMARTER LUNCHROOMS MOVEMENT

[Redacted Date Field]  
DATE

A red arrow points to the download icon in the top right corner of the browser window.

If you have any questions or need technical assistance, please contact MaryAnn Mills at [mamills@ucdavis.edu](mailto:mamills@ucdavis.edu)