



MORE FRUIT AND VEGETABLES AROUND THE SCHOOL

Support and Promote the *Michigan Nutrition Standards*

Everyone knows that eating plenty of fruits and vegetables is healthy. USDA's MyPlate.gov recommends that adults and children fill half their plates with fruits and vegetables—every time they eat!

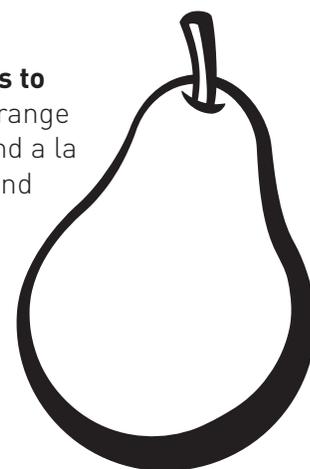
School is a place where eating plenty of fruits and vegetables can be modeled, promoted, supported and encouraged.

- Are there reminders at your child's school about eating fruits and vegetables?
- Does your school provide students and school staff with plenty of opportunity to discover and taste a variety of delicious fruits and vegetables?
- Is eating fruits and vegetables encouraged and role modeled?

Read on for ideas on how you can make your school a place where students eat and enjoy plenty of delicious, nutritious fruits and vegetables.

IN THE CAFETERIA

- **Make sure offerings meet the standards.** Talk with your school Foodservice Director about using materials in the *Michigan Nutrition Standards* toolkit to make sure all foods offered as part of school meals meet the standards. If you use a contractor for school food services, work with the food service contractor to make sure meals served meet the National and *Michigan Nutrition Standards*.
- **Try something new.** In your cafeteria provide healthful, tasty fruits and vegetables. Experiment with new recipes for fruits and vegetables. Change food preparation techniques, menus, and food offerings so students and school staff can try fruits and veggies prepared in new and healthy ways.
- **Taste-test.** Introduce a new fruit or vegetable or a new fruit or vegetable recipe through promotions and taste tests.
- **Give students easy access to fruits and vegetables.** Arrange salad bars, snack bars, and a la carte lines so that fruits and vegetables, and items that contain fruits and vegetables such as yogurt parfaits or side salads, are placed where students have easy access to them.





AROUND THE SCHOOL

- **Use multiple channels.** Increase awareness about the importance of eating fruits and vegetables. Use multiple ways to reach students and school staff such as: e-mail messages, bulletin boards, the school web site, posters around the school and more. Keep the message simple such as “*Fill Half Your Plate with Fruits and Vegetables*” or “*Fruits and Veggies—More Matters*”.
- **Follow the *Michigan Nutrition Standards*.** Read the standards and follow them if you offer food or beverages outside of school meals such as classroom parties, sports banquets, PTA/PTO meetings, staff meetings, parent nights and more. Serve fruits and vegetables at these events.
- **Conduct special promotions.** Consider conducting special fruit and vegetable promotions during National Nutrition Month in March or National Fruits & Veggies—More Matters Month in September.
- **Organize a school-based Farmer’s Market.** Work with local farmers to offer locally-grown fruits and vegetables to students and their families, and school staff. Provide recipes to go with the items sold at the market.
- **Sell more fruits and vegetables.** At school stores and at concession stands make fruit and vegetable-based snacks that meet the *Michigan Nutrition Standards* available for purchase such as pears and oranges, veggies and hummus, apples and peanut butter, frozen bananas, yogurt parfaits, smoothies made with fruit and low-fat milk and dill pickles.

VENDING MACHINE OPTIONS

- **Consider cold vending.** A refrigerated vending machine would expand the number of healthful options you could sell (fresh fruit, salads, and low-fat yogurt with fruit added).
- **Sell dried fruit.** Work with your school’s vendors to provide fruit and vegetable options for vending machines such as boxes of raisins and fruit-based trail mix. This can be done through work with a local for-profit vendor, or by buying vending machines for your worksite and stocking them with healthful foods.
- **Check for 100% juice.** Beware of “fruit drinks.” Only 100% fruit juice meets the *Michigan Nutrition Standards*. Juice drinks or juice blends do not meet the standards. Be sure to ask your vendor for only 100% juice for vending machines.
- **Subsidize healthful items.** If you sell less-healthy items in school stores or in vending machines charge more for them and use the extra money to subsidize selling fruits and vegetables at a lower price.

