

Focus on Fruits/Vary the Vegetables



- At least one fruit/vegetable is identified as the featured Fruit/veggie-of-the-day and is labeled with a creative name at the point of selection.

Give it a fun, catchy name and put a sign next to it on the service line. Using a creative, descriptive name enhances taste expectations. If it looks delicious and sounds delicious, it **MUST BE** delicious!

Suggested Materials:

- Fruit/Veggie-of-the-Day Sign
- preprinted signs and dry erase markers can be picked up from SLM Coordinator.
- Creative and Descriptive names guide
- Dry erase markers



Examples:



This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.org/sites/anrstaff/files/107734.doc>) Inquiries regarding the University's equal employment opportunity policies may be directed to John Sims, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 2nd Street, Davis, CA 95618, (530) 750-1397.

Focus on Fruits

A variety of mixed whole fruits are displayed in attractive bowls or baskets (instead of stainless steel pans).

**This is a low-cost intervention.*

Place whole fruits in colorful bowls or baskets to make them look more appetizing and double the amount of fruit students take! Use bowls or baskets that contrast with the color of the fruit such as brightly colored ceramic or plastic mixing bowls, woven baskets, or tiered fruit stands.



Vary the Vegetables

Self-Serve Spices and seasonings are available for students to add flavor to vegetables.

**This is a low-cost intervention.*

Spice or flavor stations make school lunch fun! Flavor stations can be as simple as offering spices at the end of the serving line or can go as far as providing a designated flavor station table in the cafeteria. Keep your spices and flavors calorie and sodium free.

Spice ideas:

- Lemon juice or slices
- Parsley flakes
- Garlic powder
- Cinnamon
- Chives
- Vinegar
- Low-sodium or sodium-free hot sauce



Ask your Technical Advising professional for more information on Flavor Stations.

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