WHY DOES THIS MATTER?

• Verbal prompting by school nutrition staff, such as “would you like a fruit to go with your lunch?” or suggesting a vegetable, has been associated with increased selection and consumption of fruits and vegetables in the cafeteria.1-3

• Promotion of a daily featured meal on a poster with a descriptive name and picture before the point of selection can significantly increase selection of the featured meal. Offering featured “grab-and-go” entrée options in disposable container can also increase selection.4

• Several studies suggest that limiting the availability of à la carte snack items in the cafeteria increases healthy eating behavior among students.5-7

References
7. Weiss S. Assessing how middle school students’ nutrient intake varies based on the availability of à la carte offerings at lunch (Doctoral dissertation, The University of Texas School of Public Health, 2012).