

## Promoting School Meal Programs



five or more fruits and vegetables

# WHY DOES THIS MATTER?

- Sending monthly lunch menus home to families has been associated with increased selection of healthy entrees by students.<sup>1</sup>
- Other strategies to promote knowledge of school menus prior to mealtimes, such as posting menus in the main office or including in morning announcements, are positively associated with student perceptions of the cafeteria and foods offered.<sup>2</sup>
- Including information about a fruit or vegetable of the day in morning announcements has been associated with increased fruit and vegetable consumption.<sup>3</sup>
- Promoting a daily featured meal option visually with a creative, descriptive name can significantly increase selection of the featured meal.<sup>4</sup>

### References

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2. Chesser VL. *Assessment of middle school students' attitudes and factors influencing their participation in the National School Lunch Program (NSLP)* (Doctoral dissertation Texas Woman's University, 2013).
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