

Serving a Healthy School Lunch



five or more fruits and vegetables

WHY DOES THIS MATTER?

School nutrition programs have shown increased vegetable consumption when:

- Offering at least two kinds of vegetable¹⁻³
- Labeling vegetable items with creative names⁴
- Pre-plating vegetables with entrees²
- Offering prepackaged salads⁴
- Moving salad bars to higher-traffic areas⁵

School nutrition programs have shown increased fruit consumption when:

- Offering at least two kinds of fruit^{1,3,6}
- Labeling fruit items with creative names^{4, 6}
- Offering sliced or cut fruit^{2,7,8}
- Offering fruit in at least two locations per service line⁶
- Locating fruit near the point-of-sale⁴
- Displaying fruit in attractive bowls instead of stainless-steel pans^{4, 6}

References

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