School nutrition programs have shown increased vegetable consumption when:

- Offering at least two kinds of vegetable\(^1\)\(^\text{-}\)\(^3\)
- Labeling vegetable items with creative names\(^4\)
- Pre-plating vegetables with entrees\(^2\)
- Offering prepackaged salads\(^4\)
- Moving salad bars to higher-traffic areas\(^5\)

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 line\(^6\)
- Locating fruit near the point-of-sale\(^4\)
- Displaying fruit in attractive bowls instead of stainless-steel pans\(^4\),\(^6\)

References


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