

Overall Successes & Challenges

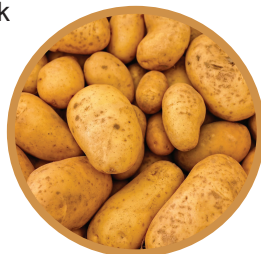
Michigan Harvest of the Month™ Training

School Teams' Tips for Success!



Successes in Michigan Harvest of the Month™

- ✓ Growing food with children increases tasting/eating
- ✓ Fruit parties rather than cupcakes
- ✓ Parent nights
- ✓ Health fair on food & nutrition engaged parents
- ✓ Grab & go breakfast
- ✓ Motivational charts to encourage fruit/vegetable snack
- ✓ Funder for fruit/vegetable
- ✓ "Crunch Cart" – healthy snack
- ✓ Talk and develop relationship with food/child nutrition staff
- ✓ Work with local farmers
- ✓ Mystery box – touch fruit/vegetable; take it out & taste
- ✓ Newsletters for parents
- ✓ Work with local farmers to get free/low-cost fruits/vegetables
- ✓ Parent grocery store tours
- ✓ PE teachers help incorporate & lunch activities
- ✓ Talk to child nutrition staff or more upstream to recommend changes
- ✓ Community garden/help raise \$ for food + feed family
- ✓ Cook food with families & freeze for the week
- ✓ Try new fruits/vegetables



- ✓ Take a tasting of recipe to a meeting
- ✓ Introduce program at PTA meeting
- ✓ Encourage healthy snacks in schools with classroom policies
- ✓ Gleaners/food banks can provide food once a month to families
- ✓ Peers influence & advocate for tasting fruits and vegetables/share healthy snacks with other kids
- ✓ Multicultural festival with prepared foods showcasing their culture

Challenges in Michigan Harvest of the Month™

- ✓ Parents lack nutritional knowledge/home preparation/food is not in line with nutritional recommendations
- ✓ Time restraints with following curriculum
- ✓ Food deserts for parents to shop
- ✓ Access to healthy foods
- ✓ Cost of foods
- ✓ Language barriers with parents
- ✓ Lack of training for local educators
- ✓ Time constraints
- ✓ Not enough time to eat
- ✓ Healthy foods are competing with unhealthy options

Challenges in Michigan Harvest of the Month™ continued

- ✓ Lack of fruits/vegetables variety
- ✓ People have pre-conceived notions / Prior knowledge that is incorrect
- ✓ Procuring produce –no say in ordering for programs
- ✓ Unhealthy snacks brought by children for lunch
- ✓ Sending things home in a timely matter
- ✓ Parents not reading the materials sent home
- ✓ Fruit and vegetables going bad



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