

Trying New Foods

Michigan Harvest of the Month™ Training School Teams' Tips for Success!



- ✓ Use positive peer pressure/influence
- ✓ Include the "2 Bite Club"
- ✓ Offer foods from Fresh Fruit and Vegetable Program into cafeteria
- ✓ Talk about and offer mystery foods

Healthy Snacks

- ✓ Students sample different foods
- ✓ Role model healthy eating
- ✓ Ask parents to send in fruits/veggies as snacks
- ✓ "Crunch Cart" – healthy snack
- ✓ Accessibility
- ✓ Whole grains
- ✓ Send reminders to families
- ✓ Make food art
- ✓ Healthy snack competition – the classroom which brings the most snacks
- ✓ Switch-a-roo

Successful Strategies

- ✓ Donations
- ✓ Golden apple award (competition)
- ✓ Rewards for healthy snacks
- ✓ Monthly food tastings in cafe or classroom
- ✓ Create a chart to track students' favorite fruit/veggie

- ✓ Compete with other classrooms on who ate the most fruits/veggies in meals at home
- ✓ Provide healthier choices in after school programs, especially in secondary buildings
- ✓ Incorporate "Apple Crunch Day"
- ✓ Check "excess fund balance" in food service department
- ✓ Encourage students to try "a little bit"
- ✓ Make the item "fun"
- ✓ Pair it with a "fav" item
- ✓ Consider how you present the food to students
- ✓ Preview the items on the cart for the students
- ✓ Let students vote on different items
- ✓ Let students name the meals served
- ✓ Tastings
- ✓ Nutrition education reinforcing items
- ✓ Describe the benefits of good nutrition for body
- ✓ Newsletters
- ✓ Policy changes to create healthier schools
- ✓ Host a taste-off
- ✓ Use a "mystery box" to engage students
- ✓ Smarter Lunchroom "whole school event"
- ✓ Incorporate the five senses
- ✓ Use gardening

- ✓ Use phrases like, “don’t yuck my yum!”
- ✓ Obtain farm letters
- ✓ Read a book related to nutrition. Visit michigannutritionnetwork.org/pre-approved-lists



- ✓ Let students earn a “fruit party”
- ✓ Offer healthy choices parties
- ✓ Use prizes to incentivize trying new foods
- ✓ Ask parents to come to class and share healthy recipe story from family
- ✓ Taste vegetable raw/cooked and compare/discuss
- ✓ Let them grow the produce themselves
- ✓ Offer a family night where students cook alongside their family
- ✓ Older grades can cook for the younger grades
- ✓ Use student leaders to encourage trying new foods
- ✓ Model and use the “no thank you bite” to have students at least taste it
- ✓ Offer healthy choices parties
- ✓ Use praise, positive reinforcement, and rewards for trying new foods
- ✓ Let students share a bag in order to encourage each other
- ✓ Have the boys/girls compete
- ✓ Create a classroom cookbook and try foods together

- ✓ Doesn’t last/store well
- ✓ Knowledge is lacking
- ✓ Getting kids to bring them
- ✓ What’s available at home
- ✓ Prep time
- ✓ Mind set of children
- ✓ Students or parents are not familiar with new foods
- ✓ Students are fearful of new foods
- ✓ Allergies
- ✓ Food offered as a reward
- ✓ Limited availability of the healthy food
- ✓ Fast foods versus homemade foods
- ✓ Taste buds change in children
- ✓ Lack of prior knowledge, awareness, or experience to certain foods
- ✓ The school district determines foods that are served
- ✓ Particular look, texture, and smell of foods
- ✓ Picky eaters

General Challenges

- ✓ Cost of food



**MICHIGAN
FITNESS
FOUNDATION**



michiganfitness



@michfitness

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

©2016 Michigan Fitness Foundation