

# Fruits and Vegetables Food Service Activity

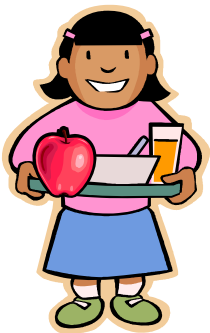


## You Can Do It!

### Goal

Children are encouraged to increase variety of fruits and vegetables eaten at school.

### Activity



1. Encourage students to take fruits and vegetables as they enter the food line or when they pay.
2. Ask students to return to the food service line if they haven't taken a fruit or vegetable.
3. If your school offers a salad bar, promote it verbally to children when they pick up their tray.

### Tips

- Fix and serve fruits and vegetables in new and different ways.
- Take advantage of seasonal fruits and vegetables.
- Introduce a new fruit or vegetable weekly.
- Focus on eye appeal.
- Get feedback from students and offer fruits and vegetables that are their favorites.

