

Increasing School Meals Participation



WHY DOES THIS MATTER?

- Verbal prompting by school nutrition staff, such as “would you like a fruit to go with your lunch?” or suggesting a vegetable, has been associated with increased selection and consumption of fruits and vegetables in the cafeteria.¹⁻³
- Promotion of a daily featured meal on a poster with a descriptive name and picture before the point of selection can significantly increase selection of the featured meal. Offering featured “grab-and-go” entrée options in disposable container can also increase selection.⁴
- Several studies suggest that limiting the availability of à la carte snack items in the cafeteria increases healthy eating behavior among students.⁵⁻⁷

References

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