

Conduct **TASTE TESTS**

Taste tests allow students to get excited about new foods and let school nutrition staff try out new foods to possibly add to the menu. But even more than this, they are a great way to involve your school nutrition program in your Let's Go! efforts! Taste tests are a fun and easy way to connect the classroom, community, and cafeteria.

Something new!

Taste tests are great because they allow students try different menu items, provide feedback, and ask questions.

Step 1: Contact your food service director.

Step 2: Explore the following together:

- What is the purpose of a taste test? Is it to expose students to new fruits and veggies? To promote unpopular lunch items? To highlight locally sourced food items?
- What will the taste test item or recipe be?
- How will taste test items be purchased and paid for?
- Who will prepare the taste test items?
- Where and when will the taste test be held?
- Are there student food allergies to be aware of?

Step 3: Coordinate volunteers, if needed.

Consider the size of the school where you'll be conducting a taste test—can you facilitate a taste test there on your own or do you need some extra hands to pass out samples?

Step 4: Determine how you want to offer the taste test:

SET UP A TASTING TABLE: Have students come up individually at their leisure to a centrally located table to pick up their sample. Students can bring the sample back to their seat or try it right then and there.

SERVE STUDENTS: Walk around with samples and serve tables individually.

Step 5: Hear the students' voices by conducting a survey during or after the taste testing.

Give students specific options for their voting:

- Loved it, Liked it, Tried it;

OR

- I like it, It was OK, No thanks.

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