

teaching kids TO LOVE produce!

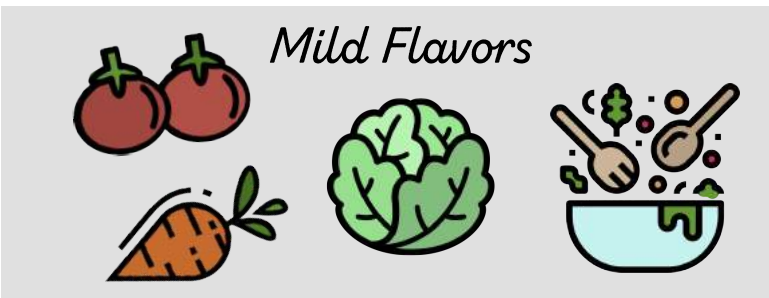
Getting kids to eat more fruits and vegetables seems to be a daunting challenge, especially an entire school of kids ranging from K to 12th grade. We learned a few tips and tricks to help school kids love produce from a foodservice director at a private school in Greensboro, NC.

It's important to understand that kid's palates are developing and to allow mild flavors for younger kids all the while building to stronger flavors.

KIDS WILL GIVE YOU HONEST FEEDBACK

MAKE IT EASY FOR KIDS TO TALK TO YOU

LISTEN & BUILD YOUR MENU OFF THEIR FEEDBACK



Mild Flavors

ELEMENTARY



Build to Strong

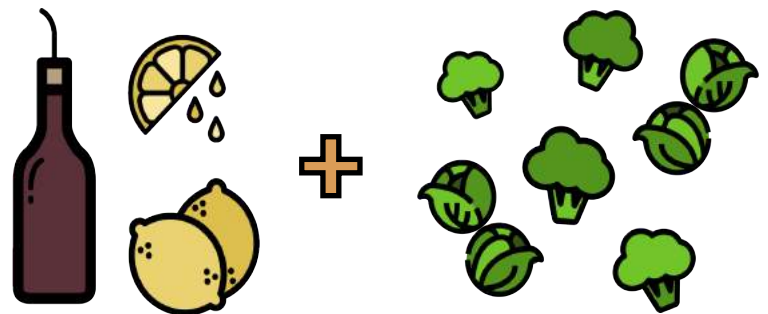
MIDDLE SCHOOL



Strong Flavors

HIGH SCHOOL

THE RIGHT COMBINATIONS



Balsamic dressing and lemon helps with stronger flavors from broccoli and Brussel sprouts.



CLEANSE THE KID'S PALATES WITH PEPPERMINT AFTER USING ONION AND GARLIC

1 GAL OF RANCH A DAY

Ranch dressing may help kids eat veggies, but the addiction to this dressing reaches its peak in middle school. To help wean kids, staff limits them to one ladle and introduces them to lower fat dressings before high school.

