



5 A Day and School-Age Children

5 A Day in the Cafeteria

The Child Nutrition staff in the school cafeteria have a wonderful opportunity to promote the 5 A Day message to the students they serve everyday. Here are some fun ways to do that.

Setting the stage for 5 A Day messages

- Give students, staff and teachers 5 A Day magnets, pencils or erasers.
- Hang 5 A Day posters in the cafeteria.
- Wear 5 A Day aprons, t-shirts or hats.
- Highlight all fruits and vegetables that you serve.
- Display 5 A Day stickers next to fruits and vegetables on the serving line.

Having fun with 5 A Day

- Throw a fruit and vegetable tasting party for students.
- Conduct a tour of the kitchen and cafeteria.
- Sponsor a fruit and vegetable trivia contest for students, staff and teachers.
- Invite the media to your 5 A Day events.
- Feature new fruits and vegetables on the menu board.

Involving kids in 5 A Day messages

- Survey students about favorite fruits and vegetables.
- Invite students to participate in menu planning.
- Establish a 5 A Day buddy system for students.
- Invite students to decorate the cafeteria with fruit and vegetable themes.
- Encourage students to select fruits and vegetables when going through the line.

Talking to teachers about 5 A Day

- Share your 5 A Day expertise with teachers.
- Sponsor a 5 A Day in-service for the teachers in your school.
- Collaborate with teachers to establish fund-raising policies that are 5 A Day friendly.
- Provide teachers with fruits and vegetables for 5 A Day lesson plans.
- Reward teachers for promoting 5 A Day with their students.

Promoting 5 A Day with families

- Do a 5 A Day presentation for the PTA.
- Put a 5 A Day message on the menus students take home to their families.
- Include 5 A Day messages when you send your menus to the media.
- Form new partnerships with parents to promote 5 A Day.
- Sponsor a family 5 A Day health fair.