



5 A Day and School-Age Children

5 A Day Vending

The issue is not whether schools have vending machines or snack bars, but rather what foods are offered. Limiting low-nutrient foods and expanding food choices to include more healthful choices such as fruits and vegetables can help reinforce a total school environment conducive to health.

Provide 5 A Day alternatives to soft drinks and candy

- 100% fruit juices, 100% vegetable juices, 50% juice "spritizers".
- Banana chips, dried apples, dried peaches, dried apricots.
- Fresh fruits (sectioned or cut up fruit may be more popular).
- Bags of baby carrots.
- Bean dip and low-fat chips.

Marketing 5 A Day

- Price 5 A Day items for less.
- Offer taste tests of new items.
- Display 5 A Day posters.
- Make announcements.
- Call attention to 5 A Day items with signage.

Listen to your customers/have focus groups

- Ask students and staff what 5 A Day items they want.
- Ask students and staff what would make them choose 5 A Day items over traditional snacks.
- Use follow-up groups in order to make appropriate changes.

5 A Day Nutrition Education

- Discuss the Food Guide Pyramid or the 5 A Day Challenge.
- Provide lessons on nutrients found in fruits and vegetables.
- Invite classroom visitors such as chefs, farmers or cooperative extension agents.
- Take field trips to farms, farmers markets or agricultural fairs.

Other ideas

- Work with your current provider to see if they offer 5 A Day items.
- Move vending machines away from the cafeteria.
- Allow vending machines to operate only after school hours.
- Prohibit the sale of high-fat, high-sugar items.