



HELP CHILDREN REMEMBER
TO MAKE A RAINBOW ON
THEIR PLATES OF RED,
DARK GREEN, YELLOW, BLUE,
PURPLE, ORANGE, AND WHITE
FRUITS AND VEGETABLES.



PLANNING CHECKLIST

Task

Date

- Solicit buy-in from stakeholders _____ / _____ / _____
- Identify partners and schools, build a team _____ / _____ / _____
- Identify needs and opportunities for improvement _____ / _____ / _____
- Explore implementation ideas _____ / _____ / _____
- Draft goals and activities _____ / _____ / _____
- Identify costs and budget _____ / _____ / _____
- Draft a project plan _____ / _____ / _____
- Other: _____ _____ / _____ / _____

8-15?

FRUITS AND VEGGIES HAVE SO MANY FUN TASTES, COLORS, AND TEXTURES! RESEARCH SHOWS THAT CHILDREN NEED TO BE EXPOSED TO A NEW FOOD 8-15 TIMES BEFORE TRYING AND SHOWING A PREFERENCE FOR THAT FOOD.

(Cooke, 2007; Sullivan & Birch, 1990; Wardle et al., 2003)



FRESH, FROZEN, CANNED, OR
DRIED FRUITS AND VEGGIES ARE
QUICK, DELICIOUS FOODS THAT
WILL KEEP CHILDREN HEALTHY
ALL YEAR ROUND.



PROJECT SNAPSHOT

Who will be involved in the project?

What are the main objectives?

What are the main nudges you will implement in the cafeteria?

How will other areas of the school be involved?

How will the nutrition education be conducted?

How will training be conducted with cafeteria staff?

How will training be conducted with teachers?
