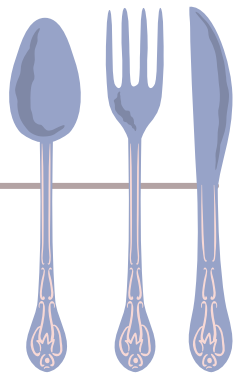


7 STRATEGIES TO IMPROVE SCHOOL MEAL CONSUMPTION



School meals can play an integral role in improving children's diets and addressing health disparities. Initiatives and policies to increase consumption have the potential to ensure students benefit from the healthy school foods available. Research evidence supports the following strategies to increase school meal consumption. These findings are based on a paper supported by Healthy Eating Research, a national program of the Robert Wood Johnson Foundation.

1

Enable students to have sufficient time to eat with longer lunch periods.



3

Have recess before lunch.

4

Adapt recipes to improve the palatability and/or cultural appropriateness of foods.

6

Offer students more menu choices.

Today's Menu

7

Provide pre-sliced fruit and vegetables.

2

Reward students who try fruits and vegetables

5

Limit students' access to competitive foods during the school day.

