



Up Your Veggie Quotient:

Playful Strategies to Encourage Fruit and Vegetable Intake

Session A5, Friday, November 8, 2019, 8-9am

Jamie Kubota, MS, RD

Assistant Professor

Department of Nutrition, Food Science, and Packaging
San José State University

Nahid Sistani, ED, RD

Professor/Coordinator,

Department of Nutrition, Hospitality Management
Alabama A&M University





Agenda

1. NSLP Requirements for fruits and vegetables
2. Playful strategies to encourage intake
3. Optimizing intake through Farm to Fork/School Gardening





Aim for a variety of fruits and vegetables

To optimize...

growth and development

academic performance and behavior



NSLP Requirements – Preschool

	Breakfast		Lunch	
	<i>1-2 years</i>	<i>3-5 years</i>	<i>1-2 years</i>	<i>3-5 years</i>
Fruit	¼ cup	½ cup	1/8 cup	¼ cup
Vegetables			1/8 cup	¼ cup

Note – a 2nd different vegetable may be served at lunch in place of fruit



NSLP Requirements – Fruits

Meal	Grade Group	Daily Minimum	Weekly Minimum
Lunch	K-5, 6-8	½ cup	2-1/2 cups
	9-12	1 cup	5 cups
Breakfast	K-5, 6-8, 9-12	1 cup (8 fl oz)	5 cups



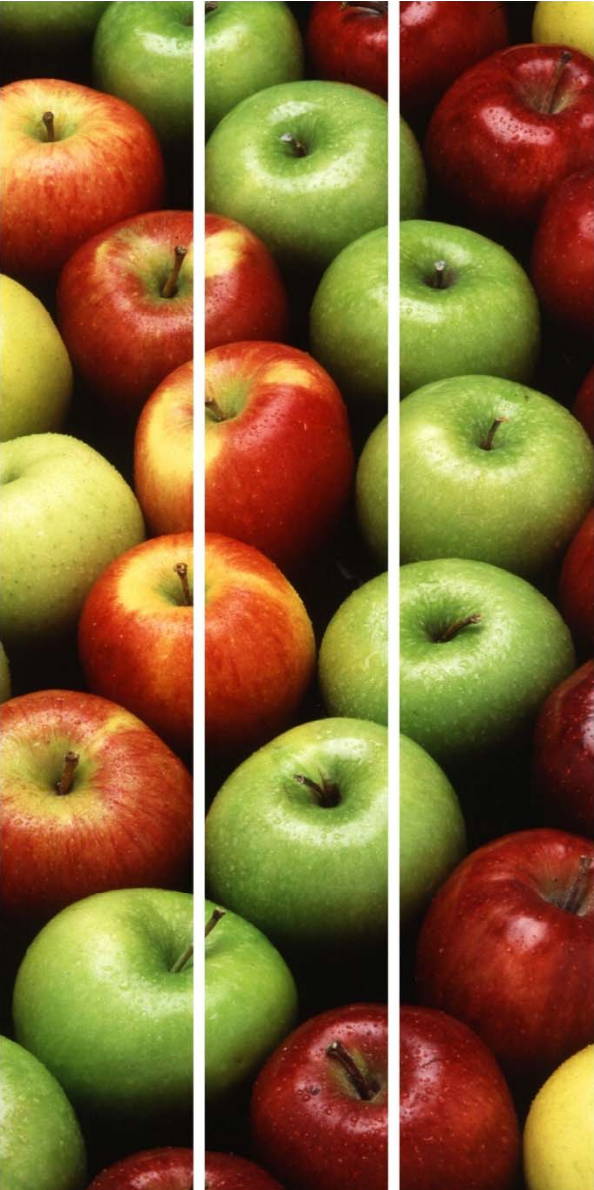
NSLP Requirements – Vegetables

Meal	Grade Group	Daily Minimum	Weekly Minimum
Lunch	K-5, 6-8	$\frac{3}{4}$ cup	3-1/4 cups
	9-12	1 cup	5 cups



Vegetable Subgroups





Vegetable Subgroup	Weekly Minimum k-5, 6-8	Weekly Minimum 9-12
Dark Green	½ cup	½ cup
Red/Orange	¾ cup	1-1/4 cups
Beans and Peas	½ cup	½ cup
Starchy	½ cup	½ cup
Other	½ cup	¾ cup



Farm to Fork



Take kids out into the garden:

-  **School District Farms** – SCUSD Farm
-  **School Gardens** – MPUSD - Encinal School
-  **Classroom Gardens** – outside walls & sunny windowsills
-  **Field Trips** – Food Lab, Hidden Villa, Ardenwood Historical Farm, Elkus Ranch



To plant a garden
is to believe in
tomorrow.

-Audrey Hepburn

Gardens on school grounds



Windowsill and vertical gardening



Mobile Demonstration Kitchen Cart



Make it **PLAYFUL**



The "Green Veggie Challenge"

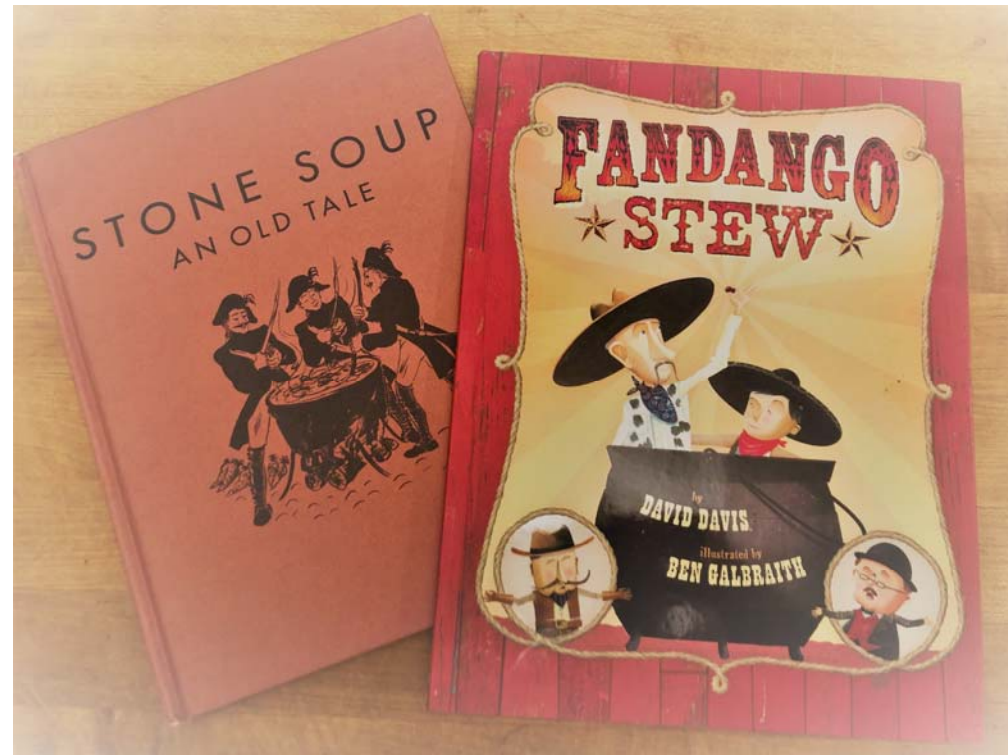


"RAINBOW SANDWICHES"



“Eating (with) our friends”

Stone Soup & other children's books







New preparations for familiar foods





Enlist your village

- 🥕 Get **parents** involved – send home nutrition education/recipes to reinforce lunchroom/classroom tastings
- 🥕 **Nutrition services** – enlist interns, parents, teachers to facilitate tastings, cooking and gardening activities
- 🥕 **RECRUIT & MARKET**



Programs/Resources

1. Life Lab
2. Harvest of the Month
3. CA Fresh Fruit & Vegetable Program
4. Team Nutrition
5. Food Dudes
6. Nutrition Detectives





Thank you!
Questions?

