### Improving Fruit & Vegetable Consumption

How to get your site to serve a fruit or vegetable every day

Use the following questions and the corresponding “action steps” to identify new ways to overcome fruit and vegetable consumption challenges. The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word “SEE” in front refer to OSNAP resources to help you meet your goals.

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<th>Questions</th>
<th>Action Steps</th>
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| Do you/your program decide what snacks to serve? | **NO** | Speak with whoever has control over ordering/food service decisions. See about increasing the frequency the fruits and vegetables are served. **SEE: WORKING WITH SCHOOL FOOD SERVICE**
| | **YES** | Ensure that a fruit or vegetable is listed for each day (fresh, frozen, dried and canned are all options.) see: sample menus
| | **YES** | Ask for feedback on which fruits and veggies the kids like and don’t like so that you can cater to their preferences. **SEE: FOOD & FUN UNITS 1 & 7**
| | **ALL** | If your program continues through the summer and has outdoor space, consider starting a garden so that kids can grow their own fruits and veggies!
| Do you have enough storage space for fresh produce? | **NO** | Serve canned, dried or frozen fruits and vegetables for cheaper, space-saving alternatives.
| | **YES** | Make sure the menu is matched to your delivery/shipping schedule so that fruits and veggies don’t go bad.
| | **ALL** | Many fruits (oranges, apples and bananas for example) are fine at room temperature.
| Do children eat the fruits and vegetables you currently serve? | **NO** | Keep trying! It can take a while for kids to like new foods. Create a “Produce Passport” where kids collect stamps or stickers for each new food they try. Offer a healthy reward (more play time, a chance to design the menu for the day, etc.) once they collect a certain number. **SEE: PRODUCE PASSPORT**
| | **NO** | Offer taste tests to understand kids’ preferences and identify new snacks. **SEE: FOOD & FUN UNITS 1 & 7**
| | **NO** | Cut and peel fruits and veggies to make eating easier—bite-size pieces often go fast! **SEE: FOOD & FUN UNITS 1 & 7**
| | **YES** | Involve the children in preparing their own snacks. **SEE: FOOD & FUN UNITS 1 & 7**
| Do staff model healthy eating behaviors? | **NO** | Implement policies that limit staff from bringing in outside food and drink. **SEE: FAST MAP TO IMPROVING STAFF ENGAGEMENT, HEALTHY STAFF/HEALTHY KIDS TIP SHEET**
| | **YES** | Encourage staff to sit and eat healthy foods with kids at snack. **SEE: SNACKS - A BRIDGE**
| Does your budget limit your ability to serve fruits and vegetables? | **NO** | Make sure that a fruit and/or vegetable is on the menu every, try to order favorite fruits and vegetables that you know your kids will eat. **SEE: SAMPLE MENUS**
| | **YES** | Serve tap water instead of juices; use the money saved to purchase fruits & veggies. **SEE: SNACK SENSE**
| | **YES** | Look into affordable frozen, canned—and even fresh—options. **SEE: SNACK SENSE**
| Do you have a policy about serving a fruit or vegetable every day? | **NO** | Create a policy stating your program will serve a fruit or vegetable every day. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**
| | **YES** | Make sure that you communicate your policy to families. **SEE: SAMPLE LETTERS**

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