



JUNE 2017

Nutri-Serve Food Management

Let's Use Our...

NUTRITION INTUITION



The LATEST & GREATEST Research In Convincing Children To Eat Veggies.

Source: The Wall Street Journal Article by Bonnie Miller Rubin— Published Feb 24, 2017

The 2010 Healthy Hunger-Free Kids Act requires students to take a fruit or veggie with the school breakfast & lunch.

Here were some of the most recent findings:

1. **Put Fruits & Veggies FIRST:** Research from Cornell's Center for Behavioral Research in Child Nutrition recommends veggies & fruits should be placed at the front of the serving line, at eye level and in a fancy bowl or dish. Space permitting Nutri-Serve puts fruits & veggies in multiple places on the line including right at the register where students can be prompted by a friendly cashier, "Don't forget a fruit or veggie!".
2. **Eye Appealing Fruits & Veggies:** Our veggie patch, a variety of colored veggies are packaged bite-size in translucent bags and served with ranch or hummus dip, is a favorite among our young customers. It has also been shown that fun names make veggies more appealing. We love "gotta get em green beans" & "poppin peas and carrots".
3. **Nutrition Education- Veggies in the classroom:** Research shows that tastings in the company of peers paired with nutrition education can create a greater level of comfort in tasting new foods. In Nutri-Serve schools we often see an increase in students choosing items from the serving line after they were featured in a tasting.

TIP FOR AT HOME!:

Traci Mann, a psychologist at University of Minnesota, performed a study comparing consumption of carrots before lunch (with hungry kids waiting for lunch) and then as offered as a option with lunch. *10% of participating students chose carrots with the lunch while 50% of students ate the carrots served before the meal.* These numbers are not indicative of all schools but it is a great concept to test out at home. Put out a veggie tray before dinner and let the kids dig in!



Our Fruit Friend and Veggie Visitor of the Month are featured on the lunch menu!

Fruit Friend of the Month

Banana



Banana Humor

Why did the banana wear suntan lotion? *So it wouldn't peel!*

Buoyant Banana?

- ◆ Have you ever put bananas in your cereal? Did you notice that they float? This is true of apples and watermelon as well.

Banana Battle

- ◆ Patrick Wightman from the UK holds the record for the fastest marathon run by a person dressed as a fruit. This was accomplished at the Barcelona Marathon in 2011 at a pace of 2 hrs, 58 minutes & 20 seconds.

Going Bananas

- ◆ Have you ever heard someone using the phrase "going bananas"? This is believed to have come from the fruit's comic connection with monkeys.

Banana Nutrition

- ◆ Bananas are a great pre-workout snack for athletes. They are a good source of carbs and high in potassium which helps prevent muscle cramps.

Veggie Visitor of the Month

Celery



Celery Jokes

What did the celery say to the ranch dip? *You're stalking me!*

Celery Cleans!

- ◆ Nibbling on celery after a meal can actually help clean your mouth and teeth.

Celery Myths

- ◆ *True or False?* Celery has negative calories because it takes more calories to eat than what it contains— **FALSE**. Celery is still a really awesome snack. Two stalks contain only 25 calories thanks to a high water content.

Celery in Sports

- ◆ Winners of athletic events in ancient Greece were presented with bunches of celery as awards.

Why Is Celery Crunchy?

- ◆ Celery is stringy because of its cell structure— the cell walls are tougher to keep the plant upright. That's what gives celery its crunch.



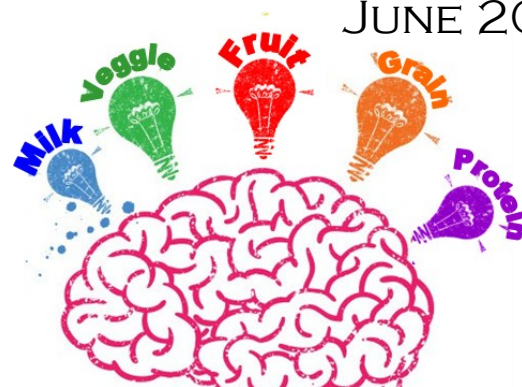
THE STORY OF NUTRI-SERVE. IT'S OUR NUTRITION INTUITION

In 1987, Registered Dietitian Karen Maier built a company based on the principles of *Nutrition & Service* naming her company **Nutri-Serve** Food Management to reflect these beliefs. Nutrition has always been at the forefront of menu planning with "Balloons for a Balanced Lunch" laying the foundation in creating serving lines that teach our customers balanced eating skills. We believe our exponential growth to over 90 districts over the last 30 years is a result of our commitment to serving tasty and healthy meals to our customers. Nutri-Serve's Corporate Dietitian, Kristen Mueller, RD, works collaboratively with our team to plan monthly menus and provides nutrition education to students.

Newsletter By: Kristen Mueller, RD

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Brainstormin' BALANCE

BALLOONS

