



TIPS FOR SUCCESSFULLY TRANSITIONING TO HEALTHIER MENU OPTIONS



FROM THE EXPERTS: REAL STRATEGIES FROM CHILD NUTRITION DIRECTORS

We asked food service directors for strategies that worked for them as they improved the healthfulness of their meals. Here's what they told us.

BUILD RELATIONSHIPS WITH MANUFACTURERS



Establishing a relationship with manufacturers, whether it be a local baker or a national brand, lets them know the kinds of products you are looking for, and gives you the opportunity to provide feedback on products that could be improved. Some manufacturers will even provide on-site training for your staff to learn optimal preparation techniques for their products.

USE OFFER VERSUS SERVE (OVS)



Using offer versus serve (OVS) can reduce plate waste by allowing students to refuse items they know they won't eat. Make sure your staff, especially those at the cash register, understand OVS so that students are able to take advantage of this flexibility.

FEATURE LOCAL CUISINES



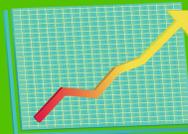
Develop healthy versions of dishes that are favorites in your area! Students will be receptive to meals they recognize as hometown favorites. Be sure to come up with a name that reflects the locality - e.g. "Floridian Favorite!"

ENGAGE PARENTS & STUDENTS



Notifying parents (especially of younger students) via a newsletter, social media post, or PTA meeting announcement can help build buy-in for healthier meals. In high schools, consider engaging the student council to communicate the importance of healthier meals among the student body.

STAY THE COURSE



You may face opposition at first, but kids are adaptable and eventually will get used to new items, flavors, and textures. Remember that you're building lifelong healthy habits, and that the cafeteria is also a classroom!

FOR MORE INFORMATION, VISIT NANACOALITION.ORG
QUESTIONS? CONTACT NANACOALITION@CSPINET.ORG

