

# Taste Testings in Classrooms

Michigan Harvest of the Month™ Training 2015

## School Teams' Tips for Success!

- ✓ Feature MiHOTM™ on Facebook page or newsletter
- ✓ Market types of fruits or vegetables to your class
- ✓ Placement of fruit and vegetables at the front of the food line in the cafeteria
- ✓ Add healthy toppings to increase appeal to kids
- ✓ Use the two-bite rule/Team Nutrition Two-Bite Club with certificate kids can earn
- ✓ Be a teacher role model
- ✓ Have peers act as role models
- ✓ Rate your taste and graph activity in class
- ✓ Keep in mind that taste buds change & they may their mind with multiple exposures (6-10 times)
- ✓ In the school cafeteria, use encouraging words like, "You ate veggies first! Well done."
- ✓ Work with the cafeteria to host a taste test to vote for new menu items. Have a drawing to choose the winning recipe.
- ✓ Take samples & recipe cards to cafeteria staff to start building relationships
- ✓ Talk about MiHOTM™ items in class featured on the menu
- ✓ Offer menu item tasting at family events



Michigan  
**Harvest**  
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For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the State Information/Hotline Numbers (click the link for a listing of hotline numbers by State); found online at [http://www.fns.usda.gov/snap/contact\\_info/hotlines.htm](http://www.fns.usda.gov/snap/contact_info/hotlines.htm).

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