



Fruit and Vegetable Promotion Ideas



Below are ideas on how to incorporate fruit and vegetable promotion in a fun way that engages students in the classroom, cafeteria, or at school events.

- Have a mystery fruit or vegetable of the day. Display the mystery item on the cafeteria line and have the students try to guess what it is and offer samples during the revealing of the item.
- Create a fruit and vegetable word wall.
- Have students vote on their favorite fruit and vegetable of the week and post the results.
- Track the fruit and vegetable intake of the students during March (National Nutrition Month).
- Hold "Produce and a Movie" event.
- Ask your librarian to display books that have a food or nutrition theme.
- Let the students create fruit and vegetable posters and bulletin boards.
- Organize a field trip to visit a local farm or invite a farmer to visit the classroom.
- Feature a local farmer's fresh fruit or vegetable on the school lunch menu and make a sign with the farmer's photo posted by the food on the serving line.
- Give a special Invitation to parents to join their students for lunch or breakfast and provide tips on how to add more fruits and vegetables to meals and snacks at home.
- Have a school mascot day each week ("Go Tigers") and serve fruits and vegetables depicting the school colors with promotional items.
- Place rotating fun fruit and vegetable fun facts on the school's website.
- Plant an outside school garden or a potted container garden indoors.
- Hold a fruit or vegetable drawing/coloring contest.
- Invite professionals, such as dentists, dietitians, or doctors to the classroom to talk about the importance of eating fruits and vegetables.
- Work with the art teacher and have students decorate the cafeteria with produce paintings.
- Have students make "Wanted" posters with different fruit and vegetables. One example is strawberries are "Wanted" for being high in anti-oxidants.
- Have students create video announcements about eating fruits and vegetables.
- Hold a fruit and vegetable poetry contest.
- Give teachers nutrition fact sheets with the FFVP snack.
- Have students describe the flavor, texture, size, and color of the food they are tasting.
- Invite the local newspaper to visit the school during a fruit or vegetable tasting.
- Promote FFVP at the school's open house and talk with parents about the program.
- Incorporate lessons with the FFVP or food tasting, such as geography, writing, and math.
- Post student photos on the "Wall of Fame" of them eating fruit and vegetables at lunch.
- Post the FFVP monthly menu on the school webpage to provide parents the opportunity to ask their child about the snack they had each day.