

# “Try Something New!”



*Sponsored by Nurse Carrier*

In an effort to support and promote healthier eating habits, we have had great success with a program called “Try Something New”. Our focus is on only fresh fruits and vegetables, along with their nutritional value. To make things interesting, we not only allow the children to taste the fresh food, but we also introduce them to the nutritional value, and often times history of the food, and any medical benefits as well.

The food of the month is researched, and a synopsis of facts about the food is posted in a trivia fashion in the cafeteria and throughout the school. A few days later, after the students have finished eating their snack, grades K through 5<sup>th</sup> get to try to guess the mystery food! The answers to the trivia hints for the food of the month are revealed, and they all get to try the food.

We have had great success with this in the past, and love seeing the children more interested in trying new healthy foods. Our hope is that the students take some of the experience home, and ask you to purchase some of the fruits and vegetables that we have introduced them to. It is always interesting to see their reactions to the foods they have never tried before, and exciting to watch as they discover a new favorite fruit or vegetable!

If you have any questions or concerns about the program, or would like more information, please feel free to contact me at any time during the school day.

For a Healthy School,

Danielle Carrier

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