Why is offering a variety of fruits and vegetables helpful and important for school meals?

**Variety**

**Definition**

The number of choices of different fruits and vegetables offered at meal time on the serving line or salad bar.

**Importance**

Research suggests when students have a higher variety of fruits and vegetables to choose from at a meal, they are more likely to choose and eat a fruit or vegetable at that meal.

**Why does variety matter?**

**Increased variety of fruits and veggies offered**

**Increased student consumption of fruits and veggies**

**Put it into Practice**

- Offer more than one option of fruit and vegetable daily
- Promote a “featured” fruit or vegetable alongside your usual offerings

**How can you increase variety in your school nutrition program?**

- Serve vegetables in different styles (fresh, roasted, blanched, steamed, chopped, etc.)
- Start a salad bar to regularly offer a variety of fruits and vegetables
