

# Baby Steps to a Better Menu

Simple steps for making small shifts that have a BIG impact!

## 1. Find your Focus

Select one menu input to be the focus area based on your values:

**Variety**

Repetition

Ingredients

Food Source

Specific Component(s)

Other: \_\_\_\_\_

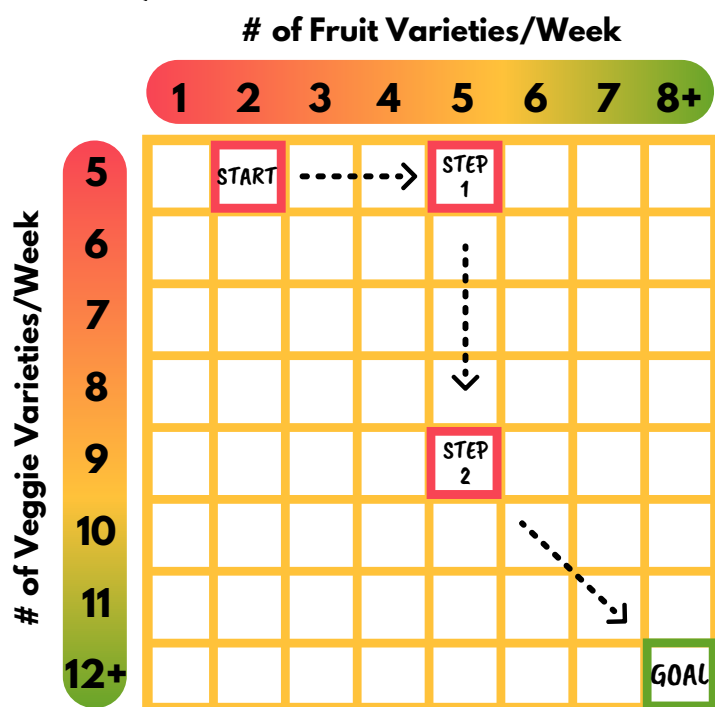
**Focus Phrase:** ex. Increase the variety of fruits and vegetables served at lunch each week

## 2. Create the Continuum

Map out your path from **START** to **GOAL** keeping the following considerations in mind:

- Staff
- Availability
- Equipment
- Cost

For example...



## 3. Put it into Practice

Specify your time frame and outline your actions:

For example...

START 2 months > STEP 1 +3 varieties/week

- Continue to meet the minimum vegetable subgroup requirements
- Menu a unique fruit variety each day of the week

STEP 1 3 months > STEP 2 +4 varieties/week

- Offer a side salad with romaine, cucumber, tomatoes, and cauliflower in addition to the varieties used to meet the minimum vegetable subgroup requirements
- Continue to menu a unique fruit variety each day of the week

STEP 2 6 months > GOAL +6 varieties/week

- Add a salad bar!
- Offer two unique fruit varieties each day of the week on the salad bar
- Offer 2-3 unique varieties from each vegetable subgroup each week

TOTAL IMPACT: +13 varieties/week



This institution is an equal opportunity provider.

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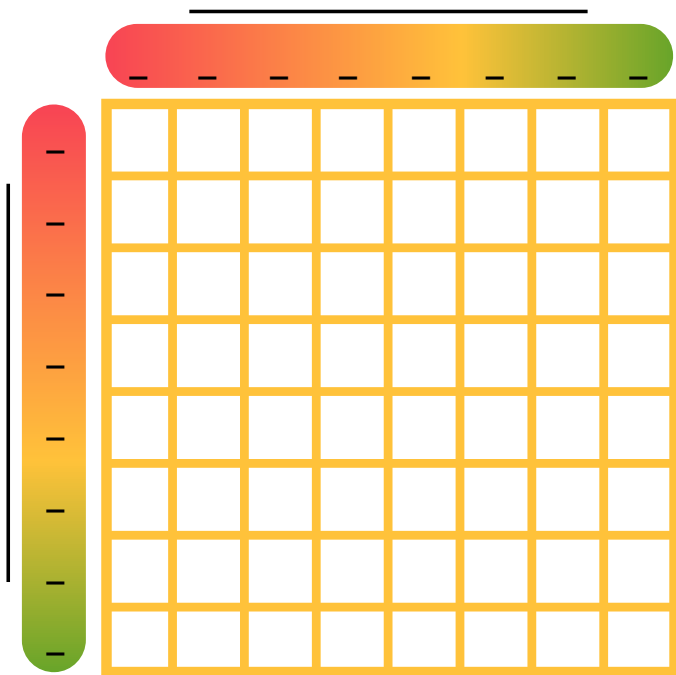
## CREATE YOUR OWN!

### 1. Find your Focus

Focus Phrase: \_\_\_\_\_

### 2. Create the Continuum

\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



### 3. Put it into Practice

START -----> STEP 1

Time frame:

Impact:

- 
- 
- 
- 

STEP 1 -----> STEP 2

Time frame:

Impact:

- 
- 
- 
- 

STEP 2 -----> GOAL

Time frame:

Impact:

- 
- 
- 
- 

TOTAL IMPACT: