

Harvest of the Month Students Select and Consume More Fruits and Veggies



Plate waste results indicate students participating in the Harvest of the Month (HOTM) nutrition education program*:

Select more fruits and vegetables

- Are almost 3 times more likely to select a vegetable every day
- Are twice as likely to select both a fruit and vegetable every day
- Select twice the variety of vegetables from the salad bar
- Select twice as many vegetable servings as control students

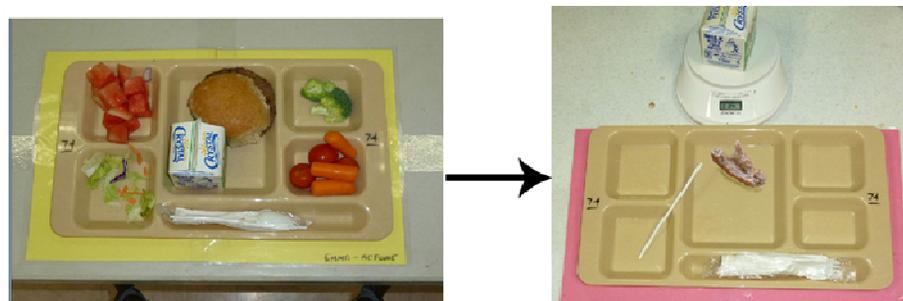


Example of an elementary school cafeteria salad bar.

Consume more fruits and vegetables

- HOTM students consume twice as many vegetables as control students

**These results are based on students selecting a school lunch at least 3 of the 4 days of observation.*



Example of a HOTM student lunch tray before and after consumption.



For questions regarding this research, please contact Dr. Cindy Wolff at 530-898-5288 or cwolff@csuchico.edu

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