

Self-Serve Garden & Fruit Bars at Elementary Schools

PWCS School Food and Nutrition Services is so excited to introduce our Self-Serve Garden and Fruit Bars to elementary schools!

Research and experience shows that kids increase their consumption of fruits and vegetables when given a variety of choices in a self-serve environment. We've seen this increase first-hand in our middle and high schools. This type of independence helps to prepare students for a lifetime of healthy eating.

Self-serve also increases the likelihood that students will try new fruits and vegetables. For example, they can try one celery stick instead of committing to an entire portion as one of their choices. When kids try new fruits and vegetables, they incorporate greater variety into their diet, which ensures they get all the nutrition their body needs.

Students may select unlimited vegetables from the self-serve cold bar, and up to ½ cup of fruit. Visually, ½ cup of fruit is the size of a tennis ball.

Visit our website, www.pwcsnutrition.com, for more information and a helpful video with tips on how to make your students trip to the garden and fruit bar efficient, safe and tasty! Contact School Food and Nutrition Services at 703.791.7314 with questions.

