



**EXPOSURE IS THE KEY TO EATING MORE FRUITS AND VEGGIES**

Children will eat more fruits and vegetables at school if the school gives them a "push", a new study from the University of Maryland reports. Researchers found three equally successful approaches based on teacher training with classroom curriculum, with and without parent events, as well as outside speakers teaching students in the classroom.

The biggest difference maker was repeated exposure --- through taste testing --- to fruits and vegetables.

Prior to the interventions, more than nine out of ten students (93%) were not eating the recommended five servings of fruits and vegetables a day; seven out of ten (70%) ate fewer than three servings of fruits and vegetables daily; and of those, more than half (56%) ate fewer than two servings. After the interventions, six out of ten students (60%) increased their taste for fruits and vegetables, and half (50%) either maintained their increased and/or higher-than-average intakes.

In every Done Right Food lunch, there's a MINIMUM of three servings of fruits and vegetables, and many lunches include four + servings. With the recommended daily goal of five servings, eating a DRF lunch assures that students are well on their way to meeting their daily nutritional needs of fruits and vegetables. Just by eating the lunch, a little push can go along way!

**HOW MANY SCHOOL MEALS CAN YOU EAT?**

Say a typical school year is about 172 days (out of 365 days) in a year. That's almost half (about 47%) of the time that students are in school each year. Now, say the school serves two meals, ie, breakfast and lunch, each day. That's the majority (about two-thirds) of each day's meals for almost half a year. Over a whole year, if students ate both school meals every school day, they'd be getting about one-third of their meals at school. That's a lot of meals --- and DRF is committed to making sure that it's done right.

**OUR DONE RIGHT FOOD COMMITMENT --- HEALTHY FOOD, HEALTHY MESSAGE**

DRF follows our own *Healthy Menu Guidelines* when planning menus that offer great food for students at school. Menus are aligned with the Dietary Guidelines for Americans, health education curriculum, and school wellness policies. Our guidelines state specific types of healthy, wholesome foods that are popular with students and are served every day in school. Daily lunches include fresh green leafy salads, fresh vegetables and fruits, lean meat and poultry, reduced fat cheese and dressings, whole grain items, and more. Breakfasts offer low sugar cereals, low fat yogurt, etc. All meals include skim milk.

**For more information, contact us:**

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