

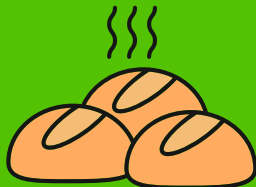
TIPS FOR SERVING WHOLE GRAINS THAT KIDS LOVE (OR DON'T EVEN NOTICE ARE WHOLE GRAINS)



FROM THE EXPERTS: REAL STRATEGIES FROM CHILD NUTRITION DIRECTORS

We asked food service directors for strategies that worked for them as they transitioned to whole grain-rich products. Here's what they told us.

IF FEASIBLE, BAKE FROM SCRATCH



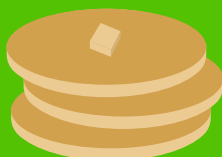
Baking from scratch allows you to control all of the ingredients - not just the whole grain content, but also sodium and added sugar as well. Students will love the freshness of homemade baked goods.

TRY WHITE WHOLE WHEAT



Directors in South Dakota and Virginia told us that their students love white whole wheat bread. The lighter color may be more appealing to students who aren't familiar with "brown bread," while still packing in whole grain goodness.

COMMIT AND STICK TO IT



Pro tip: switch to 100% whole grain-rich and never look back!

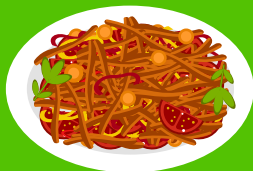
Many food service directors that are committed to serving whole grains noted that they did so years ago, and students don't even think about it anymore. One director said, "our students know school pancakes are darker. They expect them to be."

BUY LOCAL



Many food service programs found success buying grains from local bakeries, which can be more fresh. A Director of Food and Nutrition Services in Arkansas told us that after multiple unsuccessful attempts to find a tasty whole grain-rich tortilla, she finally found a product students enjoy from a local bakery.

SAUCE IT UP



Struggling to get students to accept the darker color of some whole grains? Toss the products in sauce! The color of whole grain spaghetti can be masked with tomato sauce. For macaroni and cheese, "cheddar instead of American cheese masks the darker noodles," says a director in New Mexico.

FOR MORE INFORMATION, VISIT NANACOALITION.ORG

QUESTIONS? CONTACT NANACOALITION@CSPINET.ORG

