Before the Tasting

1. Fill out or print the name of the food on the tasting surveys ahead of time.

2. Select the right location for the “sampling station” in the cafeteria. If possible, put the station near an area of high volume traffic so students will be more likely to try the foods. If the station is too far out of the way, some students may not approach the station.

3. Post the “Tasting Tips” for students near the food sampling station.

4. Post some fun facts or health benefits of the food by the food sampling station.
   • If possible, provide a copy that students can take home.

5. Make sure food is ready to taste. For example:
   • Oranges should be peeled and sliced.
   • Forks/spoons should be available, if needed.

During the Tasting

6. Have two staff members present for the tasting.
   • One staff member can serve the food and encourage the students to sample it.
   • Another staff member can help students fill out surveys and throw out garbage. This person can also help run any incentive programs or competitions planned to go with the tasting.

7. Enter students into a drawing or competition for choosing to sample the foods. A few ideas are listed below:
   • Give students a small piece of paper to write their names on after entering the survey. Place these in a jar. At the end of lunch, draw three names for a special prize (e.g., first in line the following day, a special seating for lunch with the principal, a special healthy treat, allowing them to choose the vegetable or fruit for the following day).
   • Stamp a card (see design) each time students try a new food sample. When they fill up their cards, allow them a direct reward or a chance to go into a drawing for a reward.

Hints: Use a different stamp for each sampling time so students do not acquire several stamps in one day. Also, allow the teachers to keep the reward cards so students are not left out due to the loss of their card.