Smoothie Results

East Hartford School District, East Hartford, CT









Program Activities Include:

- Students distributed smoothie samples for taste tests at some sites.
- The students provided feedback on new smoothie flavors.
- Students participated in an all student garden planting day. They planted berry bushes in the Mayberry School Garden to promote on site local ingredients for smoothies.
- The school hosted a Fuel Up to Play 60 event and a local farmers visit.

"The smoothie program adds an innovative approach to breakfast offerings. Generates excitement with the students and encourages them to have a school breakfast outside of the norm. It provides healthy alternatives and our ability to feature local products and healthy lessons for students..."

- Shari Staeb, East Hartford School Nutrition Director

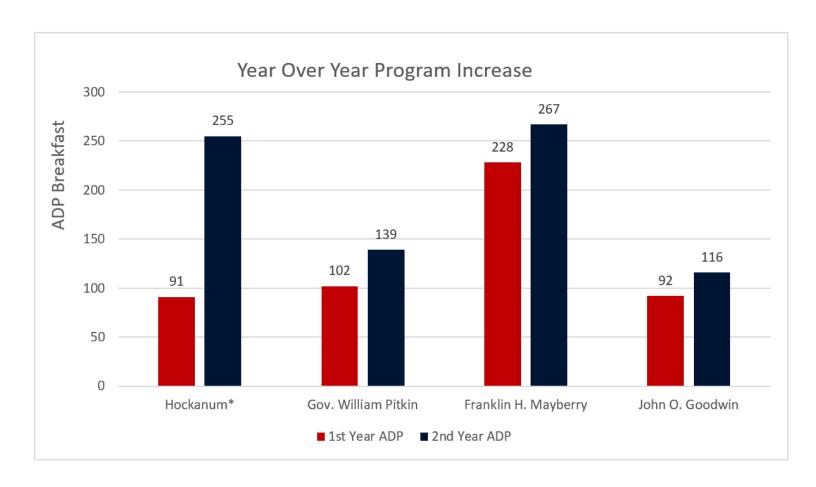


Smoothie Results





East Hartford's average daily breakfast participation increased by 261 breakfasts with the implementation of their smoothie program – resulting in an additional 49,111 breakfasts served.



* The original Hockanum School in the baseline data was a K-12 site. The second year data from that site provides a difference in enrollment due to a change in our grades from K-12 to PreK – special needs in classroom program. The change is significantly higher and is partly due to the in classroom role modeling and family style service structure of breakfast.