

# Smoothie Results

Ansonia Public Schools, Ansonia, CT



***“Offering smoothies has expanded our breakfast demographic. More kids in general now come to breakfast as we were able to offer both smoothies and yogurt to break up all the grain-based options.”***

***-Kevin Benham,  
Director of School Nutrition***

## Recommendation for Starting a Smoothie Program

If a school is looking to start a smoothie program, Kevin recommends to design the program small at first and to work with the students to get buy-in.



**The total number of meals served per day increased by 38 meals at the high school and 187 meals at the middle school.**

