

Smoothie Results

Wamogo Middle and High School
Region 6, CT



“The smoothie program has resulted in increased student engagement and enthusiasm. It’s exciting to see our participation numbers and dairy usage have increased.”

***-Brooke Grey
Cafeteria Manager,
Wamogo Middle/High S***

Recommendation for a Successful Smoothie Program

Brooke suggests making sure you have enough time set aside to prepare and cup your smoothies on the day you serve them. Be creative with your recipes, add different fruits together, and be creative with the names, the students love it. Have students share the next day's smoothie flavors on the morning announcements



Daily meals served increase by an average of 76 breakfasts and 43 lunches.

(Note: Both breakfast and lunch were free for all students in May of 2023.

Breakfast was free for all students in October of 2023. Neither was free for all students in January of 2023. This change had a positive impact on participation.)

