



# Taste Tests!



## Set a goal:

- Expand children's food choices
- Promote or introduce local foods
- Encourage healthier snack or lunch brought from home



## Recruit a Taste Test Team (if possible) to plan and lead. Decide:

- Who will conduct taste tests
- How often to offer taste tests
- What foods to try
- How to fund the foods being tested



## Start small.

## Think through the details.

## Decide:



- What foods to feature
- Where you'll get it? (Perhaps your school wants to build a relationship with a nearby farm where you know you can get local apples...)
- Will you try cut up, raw carrots or apples, or try a recipe?
- Consider common food allergies
- What will it cost?
- Who will prepare it? Who will set up and clean up?
  - Do you have the staff and equipment to prepare the food?
- When to offer a taste test? (Maybe on Taste Test Tuesday!)
- What else will be needed beyond samples?



## Gather basic items needed for a taste test:



- Clean hands
- Serving vessel and utensils
- Gloves
- Napkins

