## The 3E's

Changing the culture around food, nutrition, and eating habits

### The 3 E's

Exposure
Experience
Educate

## **EXPOSURE**



# Beets... Fresh from the Garden



## Spinach: Popeye's Favorite



### **EXPERIENCE**







## Sweet Potatoes: Beyond Thanksgiving





## Starting Young



### **EDUCATE**



## High School-Kdg Connection







## Food Service Staff: Embracing Change



# Best \$3.00 Meal Deal in Town!



# Role Model for Healthy Eating



### Kids with All Abilities Have Role Model in the Cafe



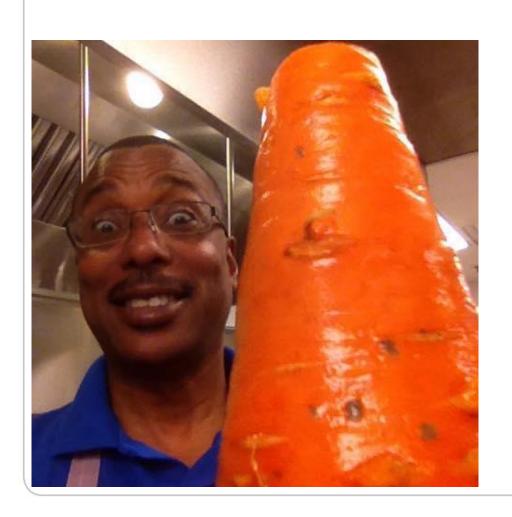
## Regional Partners



# Family-Student Connection



## THINKING OUTSIDE OF THE BOX



### Chef Robert Rusan,

SNA School Nutrition Hero Maplewood Richmond Heights S.D.

### **Bringing the farm to Our Students plate**



### **Taste by Sight**















### "C.T.T." in Every Dish

color

taste

Texture











#### **Go Local**













### If You Lead...They Will Follow









