

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

MAKE A DATE TO
EAT A HEALTHY
LUNCH WITH
YOUR CHILD AT
SCHOOL!

#CafeteriaDate

[www.thelunchtray.com/
cafeteriadate](http://www.thelunchtray.com/cafeteriadate)



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

