

Cafeteria Chronicles: Reducing Added Sugars

Making changes to your menu can be daunting.

If you are looking for ways to reduce added sugars on your menu, learn from these Healthy Meals Incentives (HMI) Recognition awardees who did so without compromising quality or flavor.

Introduce new flavors to compliment your recipes.

- At **Zeeland Public Schools** in Zeeland, MI, a flavored vinegar station allows high school students to add flavor without added sugars. Flavor choices such as peach, blueberry, red apple, lemon, raspberry and pineapple can be mixed into yogurt or on top of fruit for a delicious start to their day!



Flavored Vinegar Station

- Helping students spice up their breakfast, the staff at **Decorah Community School District** in Decorah, IA, offers dried herbs, chilis, vinegars, hot sauce and citrus alongside breakfast dishes such as egg omelets.

Enhance flavor with new cooking techniques.

- Scratch cooking allowed the staff at **Quitman Independent School District** in Quitman, TX more control over added sugars at breakfast. Teachers and parents noticed students' ability to focus improved after eating some of the new breakfast options such as breakfast tacos, breakfast pizza and breakfast smoothies.



Orange Smoothie Samples

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- Sautéing fresh vegetables and herbs won over the students at **Thorton Fractional HSD 215** in Lansing, IL. The staff there adds sauteed vegetables and herbs in their veggie scrambler recipe to boost flavor without added sugars.

Allow students to interact with their food.

- Back at **Decorah Community School District**, the high school students can order breakfast at a live omelet station and choose to add in fresh vegetables and herbs.



Omelet Station Set Up and Breakfast Tray

- Students at **Lebanon School District** in Lebanon, PA love being able to customize their yogurt parfaits by topping unsweetened yogurt with fresh berries and other toppings.

Promote your new recipes to build excitement.

- Using the morning television announcements was a fun way to introduce students to new recipes lower in added sugars at **Great Valley School District** in Malvern, PA. The lead chef and nutrition coordinator sat down with student leaders to talk about their new recipes and answer questions, which led to a big increase in participation rates!

Let's celebrate these HMI Recognition awardees for leading the way in reducing added sugars on their menu!

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