

## Nutrition Advocacy: Encourage Your School to Serve Smoothies!

Would you like your local schools to start serving smoothies? Certain smoothies meet the current USDA school meal guidelines. Here are some steps you can take to encourage your schools to make this change by being an advocate.

### What Is Advocacy?

Advocacy is all about taking action. To advocate is to act in support of a particular issue or cause.

An advocate is a person who supports, defends, and speaks out for a cause. Opportunities for advocacy are all around us. You could encourage your school to serve nutritious smoothies!

### What can you do?

1. Be armed with the facts and be ready to share a few. Some facts to know and great resources for more ideas are listed below. Gather background information.
2. Identify others who share this interest. Identify others who oppose it, and think about what their priorities might be. How can their concerns be addressed?
3. Decide what do you want to accomplish. Make a plan.
4. Take action. Share the information you gathered with decision-makers like your principal, food service director, and superintendent.

### Facts to Know about Smoothies

1. Most children and teens do not eat the recommended amount of fruits and vegetables [1]. These foods provide important vitamins and minerals that they need to be healthy [2].
2. Serving fruit smoothies is a way to increase fruit consumption [3].
3. Yogurt contains calcium, vitamin D, and potassium – three nutrients lacking in young people's diets [2].
4. Yogurt may be credited in school meals as a meat/meat alternate in smoothies for any meal [4].
5. Offering yogurt in schools provides an alternative for non-milk drinkers to get important nutrients they might have not receive otherwise [5].

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### Sources

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- [3] Bates, D., & Price, J. (2015). Impact of fruit smoothies on adolescent fruit consumption at school. *Health Education & Behavior*, 42(4), 487-492. doi: 10.1177/1090198114561514
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