

Best practices for implementing Foods of the Month (FoM) (Ideally with [Foods of the Month Kit](#) items)

In the cafeteria:

Involve the all-important food service staff in implementing FoM. This helps to promote the healthy foods they are already serving with fun characters promoting these nutrient dense foods. If they are game, have one of them do the kick-off MyPlate Assembly! This will further establish their status as an integral part of the school's wellness team. Meal time is the ideal time to help children make the connection between what they choose to eat and how it affects their OrganWise Guys!

Suggested plan for each month:

- Hang the month-appropriate posters where children can read/engage with while waiting in line.
- Hang the FoM poster (that lists all 12 months foods/food groups) where food service staff can see it to be reminded of what's being highlighted each month.
- Wear the MyPlate apron and use as a teaching tool. Have students point to the area of the MyPlate that represents the food group they are eating. The characters are on the apron too to remind and applaud children for making healthy, OrganWise choices!
- Wear the appropriate buttons on apron (buttons do not contain "month" so can be worn any time that food is served throughout the year).
- Use the laminated cafeteria cards on the serving line to draw attention to all of the delicious OrganWise foods being served each day!
- Use the window clings on the sneeze guards or on prominent windows to remind students that their own OrganWise Guys are counting on them to make smart choices.
- Hang the OrganWise Guys MyPlate poster in a visible spot where it can stay all year.
- Use FoM stickers during food tastings to encourage students to try new yummy foods!
- Take advantage of the resources provided on the website platform.
 - Print off newsletters
 - Print off activity/coloring sheets for students to utilize each month
 - Use clip art to liven up menus or for any other purpose

In the classroom:

As kids meet and fall in love with their own OrganWise Guys through the stories, videos, etc. they are motivated to make better choices. The more regularly they engage with the platform content, the more significant FoM will become during mealtime!

For Early Childhood Centers:

Many centers eat family-style providing the perfect opportunity to engage in daily nutrition education with students. Feel free to use any of the ideas from the cafeteria section above to make valuable use of this time. If food tastings are an option, these are ideal teachable moments to bring nutrition to life! Regular use of the platform content will only further enhance the effectiveness of the FoM kit.

In the EC Center/school environment:

In the foyer of your center or school, create an OrganWise FoM stand to increase parent and family engagement as students are dropped off/picked up.

Suggested idea for each month:

- Hang a set of posters
- Print out newsletter – English and/or Spanish
- Print out activity coloring/activity sheets for siblings