

Cafeteria Taste Testing

A Brief How-To



TWO WEEKS PRIOR

Contact your caterer to arrange a date. The caterers working with schools involved in the TASTE Minneapolis Charter School initiative are aware you will be contacting them to organize a taste testing. In Fall 2012, caterers served the Crunchy Hawaiian Chicken Wrap for \$1 per student. Select a healthy menu item that incorporates local ingredients when possible.

ONE WEEK PRIOR

Advertise the testing (see “Activities to Support Taste Testing”). Don’t forget the school website and local papers.

Recruit at least two volunteers to assist on the day of the testing.

TWO TO THREE DAYS PRIOR

Locate a table and chairs for the volunteers and display materials on the day of the testing. Assemble any materials not provided by the caterer such as plates, boats, forks, spoons, and/or napkins.

Remind students about the upcoming taste testing with an activity to engage them in thinking about the food system (see “Activities to Support Taste Testing”).

DAY OF

At least 1 hour before lunch

Arrange the display table with posters, stickers, and other educational materials about healthy eating.

Prepare the food samples, including any cutting or other assembly.

Advertise during announcements

At lunch

Engage students through an activity. See “Activities to Support Taste Testing” for activities to draw students to the table.

Encourage questions, dialogue, and student input. Have students vote by placing pieces of paper in bowls labeled “love it,” “like it,” or “it’s okay.”

Serve the samples! Give each student one sample. Each student who samples the food should receive a sticker.

Take photos.

DAY AFTER

Send a letter home to parents that describes the taste test, the food their child tasted, and a recipe to try at home.

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healthy eating + physical activity + smoke-free living

Minneapolis Department of Health and Family Support (MDHFS)

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