



CES POWER OF PRODUCE (P.O.P)

Try it, and see if you like it! When delivering the monthly P.O.P item, it's so neat to see the excitement in the students eyes. Believe it or not, some students have never tasted certain produce items before. Having students taste healthy food items is at the heart of nutrition education. If students have the opportunity to try and like healthier foods, they'll be more likely to want more! An effective tool for giving students this opportunity is through a taste test and is a great way to reinforce what students are learning about nutrition. CES PTA chooses and funds produce once a month (or more)for students to try. We have heard so many successful stories from the students and parents about their child now liking a certain item after trying it at school for P.OP Day!

Nicole Thievin
P.O.P. Coordinator