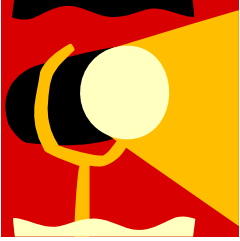


Eastern Highlands Health District's

9 - 5 - 2 - 1 - 0 for Health! Campaign



SPOTLIGHT ON: MANSFIELD MIDDLE SCHOOL



The Challenge to Students:

Fill half your plate with fruits & vegetables
Create a great plate!!!

The opportunities were endless...



The results, PRICELESS...

It was a great success! The students asked when we were doing it again, and wanted it everyday. I saw lots of students eating fruits & vegetables. It was interesting, that we served butternut squash last week and many students passed on it. Today, many tried it and liked it! I think the presentation made a huge difference, and that there were more choices and I let them take more than usual. I used smaller portions but let them have more choices. ~ Janice, Food Service Manager

