



grapes in schools: A SMART STRATEGY

Kids love grapes because they **taste** great:

- ✓ Crisp, sweet, tangy
- ✓ Juicy and hydrating
- ✓ Satisfying



You already know that grapes are a healthy, convenient, dependable, fresh product that is always ripe and ready for use; and that grapes are very versatile. But there is more good news: published research¹ suggests that when grapes are on school menus, kids' consumption of school lunch increased overall. What's not to love?



Easy ways to Add Grapes to Your *menu*

1/2 cup of fresh grapes = 1 fruit serving

- ✓ Offer grapes in clusters as a whole fruit choice.
- ✓ Include grapes on the salad bar singly or in small clusters.
- ✓ Add grapes as an ingredient to salads of all stripes. Grapes are great with:
 - leafy greens ■ grains ■ beans ■ pasta
 - fruit ■ veggies
- ✓ Freeze grapes for a cool change when weather is warm.
- ✓ Don't forget grab 'n go grapes!



Grapes and *health*: The basics

- ✓ Grapes are a **heart-healthy** food.
- ✓ A 1/2 cup serving of grapes has just 60 calories.
- ✓ Grapes have no fat, no cholesterol, and virtually no sodium.
- ✓ Grapes are a natural source of antioxidants and other polyphenols.
- ✓ Heart-healthy grapes may also play a role in healthy aging.



California grapes are **available May through January**, making them the perfect addition to school menus throughout the summer, fall, and early winter. California produces **99%** of the commercially grown grapes in the U.S., making them North America's local grape.

¹ Murano PS, Capps O (2018) Grapes in School Meals: Impact of Plate Waste on Costs and Consumption. J Nutrition Health Food Sci 6(1):1-9 DOI:10.15226/jnhfs.2018.001119.

To learn more about Grapes from California visit grapesfromcalifornia.com

