

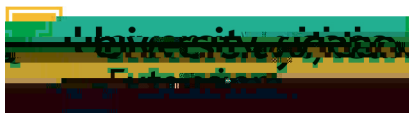
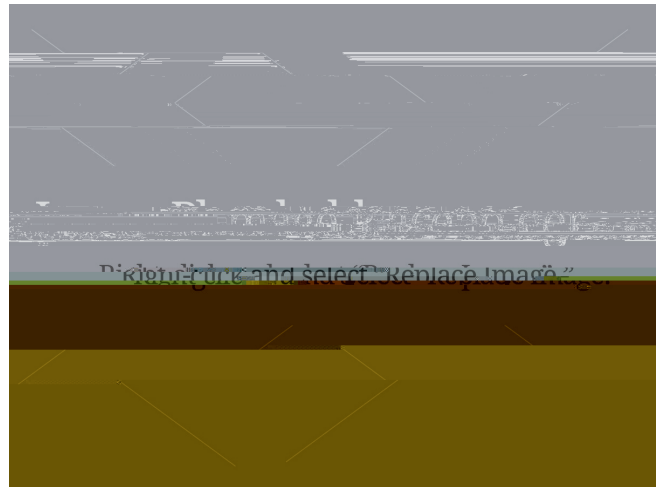
Exposure to a variety of fruits and vegetable changes eating behavior

AT A GLANCE

Eat Smart Idaho offers repeated exposure of fruits and vegetables at two schools in north Idaho with great success and writes implementation protocol.

The Situation

Low-income children in Idaho are affected with high rates of food insecurity and obesity placing them at risk for poor health outcomes. Diets that are rich in fruit and vegetable intake are associated with many health benefits and reduced obesity rates. However, Idaho youth do not consume the nationally recommended amounts of fruits or vegetables each day. Research shows that consumption is low because chil-





FOR MORE INFORMATION

University of Idaho, U.S. Department of Agriculture, and Idaho counties cooperating. To enrich education through diversity, the University of Idaho is an equal opportunity/affirmative action employer and educational institution.