

Leave the Vegetables – Keep Nutrition Out of the Trash

**It's not better
nutrition unless
it's eaten!**

- ✓ Between 1/3 and 1/2 of vegetables served in schools end up in the trash.¹
- ✓ 64% of district school food service directors anticipate an increase in plate waste if the USDA's proposed rules take effect.²
- ✓ Potatoes are a vegetable kids like and eat.
- ✓ Studies show, when potatoes are served, a wider variety of vegetables are eaten.
- ✓ Don't waste a chance to get kids to eat vegetables!



¹ Buzby JC and Guthrie JF. Plate Waste in School Nutrition Programs: Final Report to Congress. USDA ERS. March 2002.

² MMS Education, Newton, PA. Survey of School Foodservice Professionals, August-September 2011. Paid for by the National Potato Council.