

Bountiful Blueberry Bonanza at Reed Intermediate School

We hosted a week long “**Bountiful Blueberry Bonanza**” in the Reed Intermediate School cafeteria, in which a blueberry food item was featured each day of the week in the cafeteria to promote the numerous health benefits of blueberries. A letter was emailed to all parents of students at this 5th-6th grade school to inform them of the event and encourage them to talk to their students about healthy foods. An announcement was read over the public address system to students each morning identifying the blueberry food in the cafeteria and a blueberry health benefit to reinforce nutrition education. Colorful signs identified the blueberry food in the cafeteria, along with providing information about health benefits of blueberries. We featured:

- Blueberry Fruit Salad
- Fresh Cups of Blueberries
- Homemade Blueberry Granola Bar
- Blueberry Yogurt and Granola Parfait
- Blueberry Smoothie
- Blueberry Crisp



Jill Patterson, RD, Brenda Pulver, Chris Halmose, Terry Lyman, Scott Kanzow, Cora Ragaini, Dietetic Intern



Fruit Cups



Chef Scott Kanzow offers Blueberry Fruit Salad



Homemade Blueberry Granola Bar with Yogurt and Fresh Blueberries



Blueberry Crisp



Blueberry Smoothies



Daily Fresh Fruit & Vegetable Bar