



Program at a Glance

As you begin the LANA Preschool Program, you will be planning for five primary types of program activities, described briefly below.

- ◆ **Menu Changes** **Frequency: Daily**
The menu changes increase children’s exposure to fruits and vegetables, introduce children to the eight targeted fruits and vegetables and establish eating fruits and vegetables as a regular part of the children’s daily routine. This includes incorporating the eight targeted fruits and vegetables into your existing menus, reducing highly competitive foods and increasing opportunities for children to eat fruits and vegetables.
- ◆ **Cooking Activities** **Frequency: Weekly**
Simple cooking activities done weekly during the program build children’s hands-on experience working with fruit and vegetables.
- ◆ **Tasting Activities** **Frequency: Weekly**
The tasting activities introduce the targeted fruits and vegetables to children in a new, non-threatening context. During the first sixteen weeks of the program, weekly tasting activities in which small samples of the targeted fruits/vegetables are offered to the children. After the first sixteen weeks, the tasting activities occur only during theme weeks.
- ◆ **Curriculum Theme** **Units Frequency: Monthly**
The LANA Preschool Program includes six week-long curriculum theme units offered once each month in place of your regular weekly curriculum. These theme units provide a special focus on fruits and vegetables by including related stories and classroom activities in addition to the weekly cooking and tasting activities. The theme units also provide family resources to help connect families with program messages.
- ◆ **Special Events** **Frequency: Bi-Monthly** (one event every two months)
Three special events during the LANA Preschool Program introduce families to the program and engage them in program activities.