



## Name That Smoothie Recipe Contest

Eat Healthy. Get Active.  
Help Make a Difference.



**Timing:** Anytime

**Core Activity:** Name That Smoothie Recipe Contest

**Corresponding Healthy Eating Plays:** Build Your Own Shake-Up

**Corresponding Physical Activity Play:** Lunch Break

### Background Information

- X Milk-based smoothies are extremely popular with students.
- O Smoothies are a great way to encourage consumption of low-fat and fat-free dairy and fruits.
- X Coupled with a whole grain, serving milk smoothies makes a great reimbursable meal for older students.
- O Milk-based smoothies can be served in smaller portions as a snack option for younger students.



### Basic Concept

- 1) Ask students to submit milk-based smoothie recipes that provide at least 1 cup of fruit and 1 cup of fluid milk (provide guidance on types of fruit and acceptable add-ins at your preference).
- 2) Select several recipes to make and have a panel choose the winning recipe.
- 3) Provide incentives for those who participate and a grand prize for the winning recipe. Feature the final recipe on your school breakfast and lunch menus and distribute the recipe on next month's breakfast and/or lunch menu.





## Expanding the Idea



Make this promotion happen with these ideas:

### X Offer Smoothie Parties for Classroom Celebrations:

Put those blenders to use in the classroom and earn some extra funds for your program by offering smoothie parties for classroom celebrations. Classrooms often hold celebrations for student birthdays and other special occasions, and many schools are looking for alternatives to traditional cupcakes. Consider creating a catering menu that can be offered to parents and teachers that includes smoothies and other healthy snack options. Bring your blenders and ingredients right into the classroom and whip up a good time.



### O Promote, Promote, Promote:

- Customize our letter announcing your smoothie recipe contest and send to classroom teachers.
- Use our **PA Announcements** and **Menu Blurbs** to promote your smoothie recipe contest on menus and as part of morning announcements.
- Hold a student poster contest promoting the nutritional value of smoothies.
- Involve teachers and ask if they will make it a classroom activity for students to write reflections on why "Milk is a Must in Smoothies," "My Favorite Smoothie Flavor" or "Smoothies: How I Drink it All In." Ask students to draw pictures to complement their writings and post their work in school hallways or the cafeteria throughout the smoothie promotion. Also consider posting the artwork and essays on your school website and newsletter.
- Look for additional promotion ideas by visiting the Tools and Resources section on [www.FuelUpToPlay60.com](http://www.FuelUpToPlay60.com).



### X Other Fuel Up to Play 60 Playbook Connections

**Build a Better Breakfast**– Create a bar-style smoothie breakfast service in your school! Students work with school nutrition staff and school leaders to create a smoothie experience in the cafeteria with a variety of ingredient choices. This Play offers great Farm-to-School tie-ins to incorporate local fruits and vegetables as well as dairy options and can be offered at lunch too!

**Lunch Break** – Get students active during lunch by having everyone get up and take a short 3- to 5- minute activity break each day. Add some fun by making contests out of the activities. Encourage your whole student body to track these physical activities to see their own progress!

