

# How to Start a Smoothie Program in Your K-12 School

**Starting with the Basics:**  
Should Your School Start a Smoothie Program?

**The Quick Answer:**  
Absolutely!  
Kids love them.



## Here's why:

Smoothie sales across the U.S. are up **84%** in 2021 and current estimations suggest the consumption in 2022 will continue to rise.

You might be thinking, "but why are schools investing in smoothie programs?"

## In Addition to Being Quick and Easy, Smoothies Have 6 Main Benefits for Schools:



### Reduce Produce Waste

Before fruits (and veggies) expire, toss them into your smoothie recipes as a last effort to avoid waste.



### Offer On-The-Go Meals

Students who want a quick meal or snack will find smoothies more convenient than traditional meals.



### Provide Meals Throughout the Day

Smoothies work for breakfast, second chance, lunch and after school programs.



### Serve Students Outside the Cafeteria

Many schools are now serving meals in hallways and classrooms. Smoothies are easy to transport across your school.



### Prep Food Ahead of Time

Smoothies can be made the day before serving saving your staff time and increasing efficiency.



### Increase Nutrition of Students

Unlike juicing, blending fruits and vegetables into a smoothie retains the whole food, which leave the fiber, minerals, and protein intact.

## Are Smoothies Really That Healthy?

A study showed that kids drinking smoothies increased fruit consumption from **4.3% to 45.1%**.

## Smoothies Can Be Reimbursable!

Depending on your state—and the types of smoothies, grade level, and dairy content—you may be eligible for meal reimbursement. Check out your local state offerings to learn more.

## Sneaky Greens? They'll Never Know!

Depending on the menu you choose, smoothies can have all types of ingredients in them, including a variety of leafy greens and vegetables.

When smoothly blended with yogurt, milk, and fruit, vegetables like avocado and spinach will be virtually undetectable and add significant nutritious value.

### Watch Students Try Healthier Options Without Knowing:

**84%**

of children will try a green smoothie when offered to them.



## 5 Easy Steps to Get Your Smoothie Program Up and Running

1

Get the right type of cups and supplies to serve your smoothies:

- Plastic cups
- Paper cups
- Ladle

3

Create a diverse menu and choose fruits, vegetables, and dairy items to serve your students.

2

Research and purchase types of blenders for making nutritious and delicious smoothies:

- Upright blender
- Vitamix blender
- Immersion blender

4

Create signage directing students to the type of smoothies you have, what days they'll be available, and how to pay for them.

5

Establish a way to transport the smoothies once they have been made or set up a smoothie stand for students to gather around.

- 3-tier Cart
- Cart with solid top
- Smoothie cart

## We've Done the Heavy Lifting for You: Hubert's Smoothie Kit

Hubert has worked to take the shopping and guessing out of putting together a smoothie program by establishing a pre-built smoother kit. Don't waste time scratching your head wondering which blender is best or which type of supplies will keep your smoothies fresh—we've done the work and we can help.

Learn more at: [www.hubert.com/content/smoothie-kit](http://www.hubert.com/content/smoothie-kit)

