

POWER UP YOUR PROGRAM!

YMCA of Grays Harbor

Adelaide Curley,
Food Program Manager

Adelaide joined Power Up Your Program to collaborate with Child and Adult Care Food Program (CACFP) peers and create new experiences for the YMCA's afterschool program students. She was inspired by students' curiosity and found that staff at the Learning Center were enthusiastic to partner on learning activities. This led to the launch of Try Day, beginning with samples of jicama. Using Team Nutrition's "Make Today a Try-Day!" signs and surveys, Adelaide set up a tasting table and invited students to taste and rate the food. Try Day has become a regular activity for the 2nd to 6th grade students. They ask what food will be next and get excited when the Try Day sign is up. Planning for next year, Adelaide would like to modify Try Day for younger children that may need more staff guidance. She is also exploring opportunities to engage children in preparing or cooking new foods.



Project Highlights

- 8 foods have been introduced—jicama, dragon fruit, kimchi, beets, seaweed, cilantro, daikon, and mango.
- Children are excited to try new foods and have discovered foods they like.
- Inspired by the activity, children are sharing about the foods they eat at home.
- Team Nutrition's "Make Today a Try-Day!" materials are appealing and generate excitement.

It's fun to find new foods!
Write the name of the food you tried and then circle the faces below to tell us how you feel about it.

The food I tried: _____

One word to describe the food: _____

The food looked: 😊 😐 😞

The food tasted: 😊 😐 😞

The food smelled: 😊 😐 😞

Make Today a Try-Day!
USDA

Download "Make Today a Try-Day!" materials from [U.S Department of Agriculture Taste Test Resources](#)

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