

Help Is Available School Salad Bar Online Resources



To develop a successful salad bar program, you may want to visit the following salad bar resources.

- ✓ www.saladbars2schools.org
- ✓ www.thelunchbox.org
- ✓ www.fns.usda.gov/fns/safety/pdf/best_practices.pdf
- ✓ www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm



Free Salad Bars To apply, go to SaladBars2Schools.org



Any K-12 school district participating in the National School Lunch Program can apply for a free salad bar.

- ✓ Have your school or district apply at www.saladbars2schools.org.
- ✓ Salad Bars + Schools = More Fruits and Veggies for Kids!
- ✓ Salad Bars: Schools are helped, parents are happy and kids are healthy!

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Schools play a critical role in
shaping children's health.



Learn How Your School
Can Add A Salad Bar
today!



www.saladbars2schools.org

School Salad Bars

Shaping a Lifetime of Healthy Choices



School lunchrooms are also classrooms, and teaching children to make healthy eating choices is part of the school meal program's mission.

- ✓ School children eat more fruits and vegetables when they have fresh choices in a salad bar.
- ✓ Salad bars can be part of hands-on learning in school gardens, farm field trips and tasting demonstrations.
- ✓ Salad bars help students get to know new fruits and vegetables.
- ✓ Salad bars give school staff the opportunity to serve as role models for healthy eating.

Getting Started

It's Easier Than You Think



Adding a salad bar to your school takes a little planning and preparation, but it's easier than you think.

- ✓ The new USDA School Meal Standards that double the amount of fruits and vegetables served at lunch are an excellent incentive for salad bars.
- ✓ As part of a national campaign to get salad bars in every school, you can rally your colleagues to join the effort.
- ✓ Talk with your school community about salad bars. Small steps can add up to beneficial nutritional changes for your students.
- ✓ Share stories of successful salad bar projects with your fruit and vegetable coalitions and school wellness teams.

A National Effort

Let's Move Salad Bars to Schools



Let's Move Salad Bars to Schools is bringing people together. Government, industry, non-profit agencies and schools are all fans of salad bars.

- ✓ The program is focused on increasing salad bars in schools so that every child has a choice of fruits and vegetables at school every day.
- ✓ The goal is to fund and award 6,000 salad bars nationwide.
- ✓ Salad bars will support your school's efforts to become a USDA Healthier US School Challenge (HUSSC) school, and priority is given to schools that qualify for HUSSC.

