Central Ohio Regional Farm to School
October 24, 2014

ASHLEY DAVIS, MA, RD, LD

OHIO DEPARTMENT OF HEALTH
CREATING HEALTHY COMMUNITIES
“Having more salad bars in schools will help make the choice of healthy foods such as fruits and vegetables the easiest choice.”

– William Dietz, M.D., Ph.D.
Past Director of the Division of Nutrition, Physical Activity and Obesity at the Centers for Disease Control and Prevention.

• Salad bars have been shown to:
  – Increase lunch participation
  – Decrease food waste
  – Decrease labor costs
  – Empower children to choose for themselves healthy choices
  – Help meet new USDA school meal patterns
Ohio Food Service Director Survey

Do you think salad bar would encourage students to eat more fruits and vegetables?

Food Service Directors with a salad bar:
- Yes: 86%
- No: 3%
- Maybe: 11%

Food Service Directors without a salad bar:
- Yes: 52%
- No: 14%
- Maybe: 34%

Source: Ohio Department of Health Survey, 2012
Barriers

1. Labor
2. Monitoring selection for meals for reimbursement
3. Money
4. Sanitation

Source: Ohio Department of Health Survey, 2012
Perception of Salad Bars

How do you perceive salad bars?
Food Service Directors with salad bar
- Positive: 32%
- Very positive: 60%
- Neutral: 7%
- Negative: 1%
- Unsure: 0%

How do you perceive salad bars?
Food Service Directors without salad bar
- Positive: 34%
- Very positive: 25%
- Neutral: 32%
- Negative: 6%
- Unsure: 3%
- Very negative: 3%

Source: Ohio Department of Health Survey, 2012
Incorporating Local Foods

What types of foods do you purchase from local sources?

- Fruits
- Vegetables
- Meats
- Dairy products
- Eggs
- Bread, grains, or bakery items
- Other

Source: Ohio Department of Health Survey, 2012
Getting Support

• Students
  • Ask the students what they want

• Food Service Employees
  • Role model

• Principals and Teachers
  • Link the salad bar to academic success

• Parents
  • Invite parents to lunch
Menu Planning

Options for Salad Bars:

- Self serve
- Pre-wrapped items
- As part of the regular meal line
- Offering it on select days of the week
- Separate meal option
SAMPLE SALAD BAR OPTIONS

- Protein
- Fruit
- Vegetable
- Lettuce
- Vegetable
- Protein
- Fruit
- Vegetable
- Lettuce
- Vegetable
<table>
<thead>
<tr>
<th>FALL MENU</th>
<th>WINTER MENU</th>
<th>SPRING MENU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce mix</td>
<td>Lettuce mix</td>
<td>Lettuce mix</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Spinach</td>
<td>Spinach</td>
</tr>
<tr>
<td>Peppers (mixed red and green)</td>
<td>Carrots</td>
<td>Carrots</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Beets (steamed, sliced)</td>
<td>Sugar peas</td>
</tr>
<tr>
<td>Cherry tomatoes</td>
<td>Celery</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Apples (whole)</td>
<td>Kiwis</td>
<td>Apricots</td>
</tr>
<tr>
<td>Grapes</td>
<td>Oranges</td>
<td>Oranges</td>
</tr>
<tr>
<td>Mandarins (whole)</td>
<td>Asian pears</td>
<td>Turkey ham (chopped)</td>
</tr>
<tr>
<td>Tuna</td>
<td>Turkey bologna (chopped)</td>
<td>Cheese (shredded)</td>
</tr>
<tr>
<td>Cheese (shredded)</td>
<td>String cheese</td>
<td>Beans (mixed kidney and garbanzo)</td>
</tr>
<tr>
<td>Eggs (boiled and chopped)</td>
<td>Yogurt</td>
<td>Focaccia</td>
</tr>
<tr>
<td>Breadsticks</td>
<td>Granola</td>
<td>Crackers</td>
</tr>
<tr>
<td>Crackers</td>
<td>Rolls</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Crackers</td>
<td></td>
</tr>
</tbody>
</table>
# SALAD BAR LAYOUT OPTIONS & EXAMPLES

<table>
<thead>
<tr>
<th>WELL 1</th>
<th>WELL 2</th>
<th>WELL 3</th>
<th>WELL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LETTUCE</strong></td>
<td><strong>PROTEIN</strong></td>
<td><strong>VEGETABLES</strong></td>
<td><strong>FRUIT</strong></td>
</tr>
<tr>
<td>Offer one or both</td>
<td>(SELECT 1-2 DAILY)</td>
<td>(SELECT 2+ DAILY)</td>
<td>SELECT 2+ DAILY</td>
</tr>
<tr>
<td>vary choices during week</td>
<td>vary choices during week</td>
<td>vary choices during week</td>
<td>I must be fresh</td>
</tr>
<tr>
<td>Romaine</td>
<td>Cottage Cheese</td>
<td>Carrots</td>
<td>Orange</td>
</tr>
<tr>
<td>(equal proportions)</td>
<td></td>
<td></td>
<td>Grapes</td>
</tr>
<tr>
<td>Spinach + LCR</td>
<td>Hard boiled eggs</td>
<td>Cucumbers – Sliced</td>
<td>Grapes</td>
</tr>
<tr>
<td></td>
<td>Bean salad</td>
<td>Jicama sticks</td>
<td>Apples</td>
</tr>
<tr>
<td></td>
<td>Soy nuts</td>
<td>Grape/cherry tomatoes</td>
<td>Strawberries</td>
</tr>
<tr>
<td></td>
<td>Yogurt</td>
<td>Cauliflower florets</td>
<td>Pineapple</td>
</tr>
<tr>
<td></td>
<td>Diced meat</td>
<td>Broccoli buds</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trail mix</td>
<td>Celery sticks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shredded cheese</td>
<td>Radishes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(when menued, such as Mexican entree)</td>
<td>Other favorites?</td>
<td></td>
</tr>
</tbody>
</table>

## NUMBER OF TRAYS

- **2 1/2 pans OR 1 full pan**
- **2 half pans OR 1 full**
- **2 half long pans or 4 quarter pans**
- Fresh and/or canned fruit
### NO PROTEIN OPTION
(Substitute 1 additional vegetable and fruit)

<table>
<thead>
<tr>
<th>WELL 1</th>
<th>WELL 2</th>
<th>WELL 3</th>
<th>WELL 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LETTUCE</strong></td>
<td><strong>VEGETABLES</strong></td>
<td><strong>VEGETABLES/FRUIT</strong></td>
<td><strong>FRUIT</strong></td>
</tr>
<tr>
<td><em>Offer one or both</em></td>
<td><em>(SELECT 2) vary choices during week</em></td>
<td><em>(SELECT 1 VEGETABLE) (SELECT 1 FRUIT)</em></td>
<td><em>SELECT 2 DAILY vary choices during week fresh and/or canned</em></td>
</tr>
</tbody>
</table>

*Source: Adapted from TheLunchBox; www.thelunchbox.org.*
## SALAD BAR SPECIALS

<table>
<thead>
<tr>
<th>SOUP BAR</th>
<th>BURGER BAR</th>
<th>CHILI BAR</th>
<th>SUBMARINE BAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken noodle soup</td>
<td>Burgers</td>
<td>Bowl of chili</td>
<td>Small WW roll</td>
</tr>
<tr>
<td>WW Crackers (saltine)</td>
<td>WW Buns</td>
<td>Beef crumble</td>
<td>Sliced red onions</td>
</tr>
<tr>
<td>WW Goldfish crackers</td>
<td>Sliced onion</td>
<td>Chopped onion/red</td>
<td>Sliced tomatoes</td>
</tr>
<tr>
<td></td>
<td>Sliced tomatoes</td>
<td>Chopped bell peppers</td>
<td>Sliced green peppers</td>
</tr>
<tr>
<td></td>
<td>Pickles, chips</td>
<td>Shredded cheese</td>
<td>Sliced cheese</td>
</tr>
<tr>
<td></td>
<td>Sliced green peppers</td>
<td>Chopped tomatoes</td>
<td>Sliced pickles</td>
</tr>
<tr>
<td></td>
<td>Lettuce</td>
<td>WW Taco chips or corn</td>
<td>Banana peppers</td>
</tr>
<tr>
<td></td>
<td>Cheese slices</td>
<td>Corn/canned</td>
<td>Sliced cucumbers</td>
</tr>
<tr>
<td></td>
<td>Sliced cucumbers</td>
<td>Jalapeños/ canned</td>
<td>Coleslaw</td>
</tr>
<tr>
<td></td>
<td>LF Ranch dressing</td>
<td>Sliced mushrooms</td>
<td>Shredded cheese</td>
</tr>
<tr>
<td></td>
<td>Avocado</td>
<td>Cilantro</td>
<td>Turkey</td>
</tr>
<tr>
<td></td>
<td>Chili</td>
<td>LF Sour cream*</td>
<td>Pepperoni</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Black olives</td>
<td>Ham</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Guacamole*</td>
<td></td>
</tr>
</tbody>
</table>

WW - Whole wheat
LF - Low fat
* Preportioned
EXAMPLE: HAMBURGER MENU
Food Safety and Sanitation

Federal Guidance
• January 21, 2011
  • Clarified language from 2010 regarding salad bars in schools
  • “We encourage food service authorities to incorporate salad bars into their school food service operation when possible, and to explore other creative options when salad bars are not an option.”

Local Guidance
• Engage your local health sanitarians
• Have your Standard Operating Procedure (SOP) that guides salad bar procedures to support your HACCP plan
  • Including purchasing, receiving, storage, washing, processing, holding, temperature logs, serving, and reserving of fresh produce
Food Safety and Sanitation

Equipment

• Elementary schools are allowed to self serve from salad bars that are designed specifically for small children, these salad bars must have plastic barrier (food shield), positioned at the appropriate height for small children, and have a lower serving surface than full size salad bars.
The Food Safety Myth

– Longer Handled Tongs
  • Prevents handles falling into food containers

– Quarter Pans with Lids
  • Deters new food being placed on older food

– Hand Sanitizer Stations
  • Limits cross-contamination on handle of tongs

– No Potentially Hazardous Foods on Bar
  • Avoids time & temperature abuse issues

– One Side Access Only
  • Prevents reaching under to get to the other side

As a former health department inspector, these were my main concerns. -Jessica Shelly, Food Services Director, Cincinnati Public Schools
Staff Training

SALAD BAR SAFETY

- Wash all whole fruit (unless package states pre-washed)
- Make sure food is kept cold (<41°F). Use temperature logs to keep track
- Use shallow pans to reduce waste
  - If they are dropped on the floor or in the food
  - When food is replenished or switched out
  - If they become contaminated in any way
- Avoid spray chemicals to clean salad bar while in use
- Use a towel/sanitizer bucket for cleaning
- Clean up salad bar between lunch periods and as needed for spills
- Wash your hands frequently and encourage students to do the same
- Oversee students to ensure:
  - Heads stay above the sneeze guard
  - Food is touched with clean utensils only
  - No coughing, spitting, sneezing on food
  - No foreign objects in food
  - Trays are used only once (use clean bowl/plate/bowl for seconds)
- Remove and discard any potentially contaminated food
  - Food must be thrown out after it's been on the salad bar, so plan ahead to reduce waste
- Inspections might focus on:
  - Keeping salad bar at proper temperature
  - General cleanliness of salad bar
  - Proper utensils are used for handling (proper size, good condition)
  - Clean plate for second serving

Source: Minnesota Department of Health, "A Fruit and Veggie Salad Bar"
TIPS
SELF-SERVICE SALAD BAR

SETTING UP
- Place items on both sides so no student has to reach over.
- Use ½ size 2-inch deep so serving utensils do not go into the food.
- Use 1/6 or 1/9 size for items that are not used in great quantity, such as di nto.
- Use full size 6-inch deep for only items that do not need utensils, such as whole fruit, like bananas or a wrapped product.
- Use pans to cover empty spaces, great for holding tongs or repeat an item that takes longer to self-serve.
- Change our serving utensil with a clean utensil each lunch period, or if continuous service, every half hour.
- Change our containers as needed. Try to avoid adding food on line from a can or a bag.
- If there is only a little left, bring back to kitchen, place in the smallest container needed and refrigerate. Save in case you need it for the last line.
- During service, do not use any cleaning sprays. Wipe up only with an approved cleaner.
- During break in service, roll out cart with fresh product and utensils on top, bucket for sorbet, and cleaning buckets on bottom of cart.
- Always remove immediately a container or utensil that has been contaminated.
- For salad dressings, using squeeze bottles instead of ladles makes it easier for children. They do not need to be placed under the breath guard. Fill only ½ to ¾ full so you can have more bottles without wasting product. Dispose of product daily and clean properly.
- Handle commercial bottled sauces or mycvac bags, such as hot sauce, ketchup, or dressings, according to manufacturer’s food safety rules.
- Use attractive cans, utensils, and labels.

MONITORING AND OBSERVING
- Determine the rules for self-service. How much? How many? Will it be unlimited?
- Ask for help from the cafeteria monitors to help children choose. Start out with instructions and adult supervision.
- Observe the student’s use of utensils. Make sure utensils are easy to use. Example: A spaghetti server is great for carrots. When students use tongs, the carrots are likely to spring out and onto the floor.
SALAD BAR SETUP

- Refrigerate all canned or bottled items (such as beans and salad dressing) and their backups before putting out on the salad bar. For example, if you generally use one can of beans for service, have another one refrigerated in case you run out.
- Keep all salad bar containers refrigerated and cooling pads frozen once they have been cleaned and sanitized.
- This will ensure that you start with a cold environment and will help maintain a safe product temperature while it is on the salad bar.
- When ready to set up the salad bar (as close to the start of service as possible), remove cooling pads from freezer and place in the base of the salad bar.
- Put dividers in place according to the grid.
- Set out filled refrigerated pans as close to the start of service as possible.
- If you must substitute an ingredient, make sure you are substituting with a like ingredient. For example, don’t substitute eggs for tomatoes. Put out carrot sticks in addition to carrot coins, or more of another popular vegetable. Substitute vegetables for vegetables, beans for beans, fruit for fruit and protein for protein.
- Alternate diced chicken and diced egg daily. These products should not be out on the same day.
- Leftover chicken from Tuesday can be de-boned, diced, and used on the salad bar if properly cooled.
- Leftover tofu can be marinated and served on the salad bar as a protein.
- Record how much product is prepared on the Production Record. After lunch, record what is left.

SALAD BAR FOOD SAFETY

- Products must be maintained at a temperature below 41°F. Time/Temperature logs must be maintained for all salad bar items.
- Products may be reused for service the following day if they are clean, free of other items, appear fresh and have been held below 41°F. Never combine an old product with a new one, even if it has been properly handled.
- When changing out an old product with a new one, use a new, clean container. Do not add new product to a used container.
- Do not fill protein containers more than halfway. This will ensure that the product remains at a safe temperature.
Always wash hands first

Heads stay above the sneeze guard—ask an adult if you can’t reach

Food touched with clean utensils only—never use your fingers

If utensil falls on the floor, don’t put it back
Tell an adult

Don’t taste food items at salad bar

Take what you can eat

No coughing, spitting, sneezing on food

Always use a clean plate/boat/bowl for seconds

Always be polite in line, wait your turn

Do not say negative opinions about fruits and vegetables on the salad bar
Please use *UTENSILS* and *not your hands*.

*Take What You WANT. Eat What You TAKE.*
Market and Promote

- Before the Salad Bar Arrives
  - Communicate the exciting changes to parents through newsletters, website, facebook, and PTO meetings
- Staff Meeting Presentations
  - Inform staff of the changes and encourage them to model positive etiquette
- Presentations to Students
  - Describe to students the proper portion sizes for reimbursable meals and sanitation
  - Have students create training videos to view on morning announcements
- Begin a Marketing Campaign
  - Create excitement! Anticipation!
  - Involve school clubs, science classes, and others to create the campaign
- Take a Tour
  - Field trips touring farms, farmers’ markets, grocery stores!
- Taste Testing
  - Give students the option for tasting and giving their input on fruits and vegetables before placing them on the salad bar
- Be Creative!!
#1 Most important thing to do is let EVERYONE know what you are doing

• Social Media
• Print Media, Radio, TV
• Community Newspapers
• School mailings
Educational Opportunities

School Garden to Salad Bar Program
Did you know?

Kiwi is high in vitamin C and a good source of fiber, vitamin E and potassium
Funding Your Program
We donate salad bars to schools so that every child across our nation has daily access to fresh fruits and vegetables.
Let’s Move Application

• Online district application
• Allows 1 application for multiple schools
• Approval required from FSD and Superintendent
• Priority for HUSSC Awardees
• All schools in the NSLP-prioritized based on high free and reduced % and commitment to salad bars
LMSB2S Salad Bar Package

- Cambro Portable 72” 5-well insulated salad bar with two tray rails (regular or low)
- Buffet Camchillers
- Translucent polypropylene food pans
- 9” scalloped serving tongs
  - Vollrath electric (mechanically cooled) served also available by special request
Appendices

- HACCP-BASED SOPS
  PREVENTING CONTAMINATION AT FOOD BARS
- SAMPLE SUPERINTENDENT LETTER
- SAMPLE COMMUNITY LETTER
- SAMPLE PRESS RELEASE
- BEST PRACTICES HANDLING FRESH PRODUCE IN SCHOOLS
- STORING FRESH PRODUCE
- CHOOSEMYPLATE.GOV - COLORING PAGE
- MAKE YOUR PLATE HALF FRUITS AND VEGETABLES
- MYPLATE
- MAKE A RAINBOW AT THE SALAD BAR
- LETTUCE +5
- TAKE WHAT YOU WANT, EAT WHAT YOU TAKE
- PLEASE USE UTENSILS AND NOT YOUR HANDS
1. Decrease plate waste. Ohio schools using salad bars have seen a decrease in food waste and labor cost and an increase in school meal participation.

2. Boost your food service budget. As an example, in 2002, Riverside Unified School District (RUSD) in California was in the red $3.1 million. Installing salad bars changed the perception of the nutrition program. Nine years later, RUSD has doubled participation and paid off their debt. They now have operating reserves of $3.1 million.¹

3. Improve the perception of your school meal program. Salad bars have resulted in positive relationships between school food service staff members and students, administrators, teachers and community wide in districts.²

4. Boost your Farm to School program. Developing a salad bar is a great opportunity to help the local economy by bringing more local food into the lunchroom.

5. Create a healthier school environment. Salad bars can help schools make their meals healthier. Implement wellness policies, add to current nutrition education programs, and become eligible for recognition as part of USDA’s HealthierUS School Challenge (HUSSC).

6. Help you meet the final USDA rule on school meals. Salad bars are an easy way for schools to meet the US Department of Agriculture (USDA) nutrition standards for school meals that emphasize serving more dark green, red/orange vegetables, and legumes every week.

7. Empower children. When offered a choice of fruits and vegetables, children respond by trying new items, adding greater variety into their diets and upping their daily fruit and vegetable intake. When children are allowed to choose what they are going to eat, less food goes in the garbage.

8. More fruits and vegetables! Both research and actual experience in schools across the country, and in Ohio, show increases students consuming a variety of fruits and vegetables at school lunch every day. Simply incorporating salad bars as part of school lunch has shown to increase fruit and vegetable consumption on average of 1.2 servings per student per day.³

9. Healthier kids. Increased daily access to a variety of fruits and vegetables provides a personal experience about choices that can shape behavior. Children learn to make smart decisions, building a foundation for a lifetime of healthy snack and meal choices.

10. Free equipment. There is national support for using a salad bar in school meal programs. Let's Move Salad Bars to Schools is a grassroots public health effort to mobilize and engage stakeholders at the local, state and national level to support salad bars in schools. For more information visit http://saladbars2schools.org

¹ Source: Adapted from Missouri Department of Health and Senior Services and Minnesota Department of Health
² Source: https://saladbars2schools.org/pdf/Riverside%20RUSD.pdf
School Administrators

WHERE OUR STUDENTS ARE TODAY

• In Ohio, 32.8% of high school students reported they did not eat fruits or vegetables three or more times every day in the past seven days.1
• Only 4% of elementary schools, 8% of middle schools, and 21% of high schools provide daily physical education.2

HEALTHIER STUDENTS ARE BETTER STUDENTS

• Children who are healthier do better in school. Children who consume a poor diet have a decreased ability to learn which can be linked to aggressive behavior, violence, hyperactivity, inattention, lack of exercise and lack of breakfast.3
• Poor nutrition can adversely affect academic performance, increase susceptibility to infection, and cost schools millions of dollars each year.4
• Students with poor diets have lower math scores, are more likely to repeat a grade, see a psychologist, and be suspended from school.5

LET'S MOVE! A SALAD BAR TO YOUR SCHOOL

• Salad bars are a great way to help schools meet the US Department of Agriculture (USDA) new meal patterns that emphasize serving more dark green, red/orange vegetables and legumes away from carbs.
• Put your school in the positive media spotlight. Local news media loves to highlight the great strides schools are making as part of the community. You can even earn national recognition as part of USDA's Healthier US School Challenge (HUSSC).
• Boost student participation in the National School Lunch Program. As an example, in 2002, Riverside Unified School District (RUSD) in California was in the red $3.1 million. Installing salad bars changed the perception of the nutrition program. Nine years later, RUSD has doubled participation and paid off their debt. They now have operating reserves of $5.1 million.6
• Ohio schools who currently have salad bars, have seen a decrease in food waste and labor costs and an increase in school meal participation.7

To reverse current trends, a "coordinated, system-wide approach" is needed that engages individuals and families, educators, community and organizations, health professionals, businesses and policymakers.8

Source: Center for Education
Source: Ohio Seed to Salad School Food Service Center's Survey and interviews.

www.saladbarschools.org
Parents

WHERE OUR STUDENTS ARE TODAY

- In Ohio, 32.9% of high school students reported they did not eat fruits or vegetables three or more times every day in the past seven days.¹
- Childhood obesity is at an all-time high², and eating patterns are established in childhood often track into later life, making early intervention on adopting healthy nutrition and physical activity a priority.

WHY IT MATTERS

- Good nutrition in childhood promotes growth, health, learning, and reduced risks for chronic disease.
- A well-balanced diet is necessary for children to do well in school and lead healthy and productive lives.
- Undernourished children are more susceptible to infection and more likely to miss school.
- Recent studies indicate that what a child eats directly affects the physical structure of his or her brain, as well as memory, attention, and learning skills.
- Teachers will tell you that well-nourished kids are ready to learn and do better in class.

LET’S MOVE! A SALAD BAR TO YOUR SCHOOL

- Academic research and actual experience in schools across the country are demonstrating that school children increase their consumption of fruits and vegetables on an average of 1.2 servings per student per day when given a variety of choices in a school salad bar.³
- Increased daily access to a variety of fruits and vegetables provides a personal experience about choices that can shape healthy eating behaviors.
- Childhood obesity cannot be solved by removing a single food, but only by understanding the greater need to provide kids with healthy, balanced meals and opportunities for daily physical activity.

¹Source: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System. 2011

Be a role model.

When it comes to eating right and being physically active, kids take their lead from parents.

If you want your kids to eat their fruits and vegetables, and drink their milk, actions speak louder than words.

Revisiting the school meals with your kids can encourage them to try new foods, especially the healthy foods offered.

School meals are “right-sized.”

Based on their age, students are getting the right portions and healthy choices like fruits and vegetables.

www.saladbarsineachschool.org
http://www.saladbarsineachschool.org/
“Fruits and vegetables are too expensive!”
- Offering larger amounts of popular fruits and vegetables and rotating the vegetables and fruits offered by season can help keep food costs down.
- Incorporating commodity items like dried tart cherries, kidney or garbanzo beans can also help keep costs down.

“Kids typically don’t like fruits and vegetables. If they do, they usually stick to the standard carrots, corn, apples, and oranges.”
- The more exposure that kids have to a variety of fruits and vegetables, the more likely they will try them.
- Kids will eat fruits and vegetables when they are prepared and presented in an appealing way. Giving food fun names, such as “crazy cauliflower,” will make trying new foods more fun.

“I won’t know how much food to order. I don’t want to waste unpopular items.”
- Survey students, staff and other customers to get a baseline estimate of potential salad bar participation as well as what types of fruits and vegetables would be most popular.

“I won’t know if students take the right size serving for reimbursement”
- Place the salad bar before the point of sale if possible.
- Place the salad bar after the point of sale as long as the student has three required components.
- Provide pictures of trays with the correct portions size fruits and vegetables as an example.
- Pre-portion the fruits and vegetables into individual portions.

“We can’t afford the extra labor costs!”
- Labor costs could potentially decrease because food service workers would no longer need to prep multiple items at a time (chef salads, side salads, fresh vegetables). Fill quarter pans with vegetables and premeasure protein for salads.
- A staff person to monitor the salad bar is not essential. Good student training and oversight from staff is usually sufficient.

“We can’t afford to buy a Salad Bar!”
- There are many ways to find funding or to raise money to purchase a salad bar.
- Many ideas are in the Ohio Seed to Salad Toolkit.
- Go to www.saladbars2schools.org to apply for a salad bar and for ideas on fundraising.
Healthy Choices = Healthy Kids
Ohio Seed to Salad
WHY MAKE A VIDEO?
With childhood obesity at an all-time high, it is increasingly important to provide children with healthy lunch options at school. Salad bars are a win-win for everyone: students can be excited about a healthy lunch, parents will be inclined to allow their child to buy lunch, food service staff will have less food waste, administrators may notice an increase in academic achievement, and teachers may notice more focused students during the day. Sharing a video about your salad bar experience could be the first step in promoting nutrition throughout Ohio schools!

CHALLENGE
Promote salad bars and get kids eating their fruits and veggies!

PARTICIPATION
For schools to participate in the video contest they must utilize the Seed to Salad toolkit and have a salad bar in their cafeteria. Eligible schools must respond with an intention to participate to caitlin.harley@odh.ohio.gov. The first 6 schools to respond will receive a FREE Sony Snap Camera to shoot their video!

RULES
Video must be about salad bar use
Video must be less than 7 minutes
Video must have student involvement

SUBMISSION
Send your submissions before Monday, October 7
Three ways to enter:
Mail: Save your video to DVD or USB and mail to:
  Creating Healthy Communities Program
  Ohio Department of Health
  Bureau of Healthy Ohio
  246 N. High Street, Floor 8
  Columbus, OH 43215

Email: If your video is less than 20MB, email it to caitlin.harley@odh.ohio.gov

YouTube: If able, upload your video to Youtube and email the link to caitlin.harley@odh.ohio.gov

WINNER SELECTION
The top five videos will be chosen by a panel of judges at the Ohio Department of Health and three winners will ultimately be selected for prizes. Voting information for “People’s Choice” will be sent out to participating schools after the October 7 deadline.

QUESTIONS!
Additional resources will be made available to interested schools. For questions, please contact Caitlin Harley at caitlin.harley@odh.ohio.gov or (614) 995-0904.
2013 Video Contest

• Amherst High School
• Berne Union High School
• St Brigid of Kildare Elementary School
• Alliance High School
Safe Use of Salad Bars in Schools

Introduction
Research and experience have shown that school children eat more fruits and vegetables when they can choose what they want from a salad bar. Many schools find additional benefits that include less plate waste, more income from school lunch sales, and opportunities to teach by integrating with farm-to-school programs.

Some states and other jurisdictions are worried that letting children serve themselves from salad bars increases risk of food-borne illness. But data from the Centers for Disease Control and Prevention show relatively few outbreaks caused by school salad bars compared to other sources of contamination. By following best practices described in this fact sheet, your children can be safe, healthy, and on the road to a lifetime of good eating habits.

Guidelines and codes
The federal government recommends using salad bars in schools.

Salad bars are a good way of meeting the new federal school lunch requirements for more fruits and vegetables.

The January 21, 2011 USDA policy memo on Salad Bars in the National School Lunch Program encourages the use of salad bars in school meal programs and says “self-service salad bars may be used in elementary schools.” USDA allows schools to use produce from school gardens.

Can salad bar foods be all or part of a reimbursable meal?
Salad bars by themselves can provide a reimbursable meal if they offer all required foods, including meat or meat alternatives, fruits, vegetables, grains or breads, and milk. Alternatively, you can offer a reimbursable meal that combines fruits and vegetables from the salad bar with line-served hot or cold entrees. In either case, cashiers or other monitors must verify that students end up with food servings in amounts that meet requirements.

State codes
Each state has different codes governing school salad bars. Our state allows self-service salad bars for any students, including those in elementary grades. You can purchase salad bars specifically for young children that are shorter with lower sneeze guards. Check with your local sanitation/health inspector for variations in your jurisdiction.

Local codes
Local jurisdictions may have codes that are more restrictive than national or state guidelines. For example, your local jurisdiction may or may not allow elementary school children to serve themselves from salad bars, or may require salad bars certified by the ANSI/NSF-accredited certification program.

Any school that changes its menu should involve its state or local sanitation/inspector before and during the change. Some schools have convinced local health inspectors to be more welcoming to salad bars by sharing the information in this handout.
Ohio
Seed to Salad
Assisting schools in implementing
and promoting a salad bar.

Q&A

More Questions??
Ashley Davis MA, RD, LD
Ashley.Davis@odh.ohio.gov

Thank You!!

Ohio Department of Health
Department of Education

LET'S MOVE
Salad Bars to Schools

www.saladbars2schools.org

THE OHIO STATE UNIVERSITY
EXTENSION