

Statement

Paris Jones

Congressional Briefing - December 3, 2009

Effective Strategies to Increase Children's Fruit and Vegetable

Consumption: Salad Bars

Hello! I am Paris Jones, the President of the Elsie Whitlow Stokes Community Freedom Public Charter School student government. I would like to thank you for the opportunity to speak about our school's experience with our new salad bar.

Two years ago, the Elsie Whitlow Stokes School started offering fresh fruit and vegetables to students every day as part of our school snack. At first these foods were out on a tray on a table in our cafeteria. This year we got a new salad bar and started serving the fruits and vegetables from the salad bar. First, I want to tell you that this salad bar is doing very well. Our school has 320 students and 80 percent of the

students eat from the salad bar. The school serves celery, tomato, cauliflower, cucumber, zucchini, and broccoli and many fruits. I especially like the cherry tomatoes.

The students here at Stokes School were so excited about the salad bar. Usually, students rush to be the first in line at the salad bar. Since we have had fresh fruits and vegetables at school, our scholars have been making healthier choices about what they eat. Many of us used to bring sugary and unhealthy foods from home for snacks. It really delights me that our students are not sitting in class hungry but, instead, they are getting nutritious foods. With their hunger taken care of, they are better able to pay attention in school. So that's why all the students at the Elsie Whitlow Stokes Community Freedom Public Charter School are grateful to have a salad bar of fruit and vegetables.

Thank you.

