



Why Salad Bars

- Research conducted by Pew Charitable Trusts has found that school salad bars are the most effective school-based intervention/strategy to increase students' fruit and vegetable consumption. *(The 2nd most effective strategy is serving sliced, cut up, or fresh cut fruits and vegetables. If the fruit/vegetable is cut up or sliced, kids eat more. Many salad bars include fresh-cut fruits and veggies.)*
- Prominently displaying the salad bar in the lunch line, and having the salad bar placed as the first thing students go to in the cafeteria, encourages students to select more fresh produce.
- When offered multiple fruit and vegetable choices, children respond by incorporating greater variety on their plates and increasing their overall produce consumption.
- Salad bars help schools to provide a visually appealing way to highlight fresh produce choices on school lunch line. They are a smart "first step" to incorporating healthier, fresh foods into a school lunch program.
- Salad bars empower students to try new fruits and vegetables. Salad bars enable them to choose which fruits and vegetables they want to eat.
- Salad bars help schools meet school lunch nutrition standards, ensuring students have access to a colorful variety of fruit and vegetables choices throughout the week.
- Schools nationwide report that salad bars help increase participation in their lunch program, and decrease overall waste. Salad bars encourage students to, *"take what they want, and eat what they take"*.
- Salad bars are a tangible example of a school's commitment to wellness and healthier school meals. They can help raise awareness about positive food changes being made in your school. When a school has a salad bar, it sends a message to parents, teachers and the community, that the school is working to create a healthy environment that encourages children to eat more fruits and vegetables.
- Education should not stop at the lunchroom door. Salad bars can be a powerful "teaching tool".