



Starting a Salad Bar Part 1 - The Why

AUGUST 20, 2019

1:30 PM – 2:00 PM

PROFESSIONAL STANDARDS LEARNING CODES: 1100, 1320, 3510, 4160



**So you're thinking about
starting a salad bar...**

Two questions:

Why?

- Definition of school salad bars
- Supporters of school salad bars
- Potential benefits of school salad bars

How?

- Assessment and Planning
- Training
- Operations
- Procurement

TODAY!

Definition of School Salad Bars

Salad Bars Defined

salad bar / **NOUN**

A salad bar is a self-serve station where students can select two or more fruits and/or vegetables.

Salad Bars Defined

EXAMPLES:

Raw vegetable bar



Raw fruit bar



Mixed fruit and veggie bar



Entree salad bar



Theme bar



Pre-portioned produce bar



Supporters of School Salad Bars

Salad Bar Supporters



USDA encourages the use of salad bars in the school meal programs.



Salad Bar Supporters



Memo SP 31-2013

Salad Bars in the National School Lunch Program

- States that there are many ways that salad bars can be incorporated into a reimbursable meal
- Provides guidance on portion size, point of service, nutrient analysis, food safety, and resources related to salad bars

Salad Bar Supporters



Salad Bars to Schools is a public-private partnership that works to donate salad bars to schools so that every child across our nation has daily access to fresh fruits and vegetables.

FOUNDING
PARTNERS

NFVA
National Fruit &
Vegetable Alliance



upLIFT
LEARN. INSPIRE. FEED. TEACH.
Webinar Series



Salad Bar Supporters



ADE fully supports salad bars in schools and is committed to supporting LEAs in implementing, operating, and sustaining salad bars in their schools.

Benefits of School Salad Bars

Salad Bar Benefits

For the Student...

For the Food Service Department...

Salad Bar Benefits

For the Student...

Provides a personal experience about food choices

There are critical time points throughout life for food choice habit formation



Late Childhood

- Important time to form conscious ideas about the relationship between health and eating and drinking behavior
- These ideas may not influence behavior until much later in life

Salad Bar Benefits

For the Student...

Provides a personal experience about food choices

There are critical time points throughout life for food choice habit formation



Late Childhood/Early Puberty

- Social status plays a predominate role
- Symbolic function of food is most important

Salad Bar Benefits

For the Student...

Provides a personal experience about food choices

Exposure to a school salad bar during these developmental stages could help to positively shape students' food choices for the rest of their lives!

Salad Bar Benefits

For the Student...

Increases the variety of fruits and vegetables available

No Salad Bar - 3 varieties

Teriyaki Chicken
Asian Brown Rice
Milk
Corn
Broccoli (cooked)
Cantaloupe



With a Salad Bar - 10 varieties

Teriyaki Chicken
Asian Brown Rice
Milk
Corn
Broccoli
Cantaloupe
Apples
Cucumbers
Carrots
Celery
Cherry Tomatoes
Romaine Lettuce
Red Peppers



Salad Bar Benefits

For the Student...

Increases the variety of fruits and vegetables available

Why is **VARIETY** important?

- Greater variety has been shown to lead to increased consumption of fruits and vegetables
- Helps ensure there is at least one option that appeals to every student

Adams, et. al. *Salad Bars and Fruit and Vegetable Consumption in Elementary School Students*. American Dietetic Association. 2005.

Roe, et.al. *Serving a variety of vegetables and fruit as a snack increased intake in preschool children*. American Journal of Clinical Nutrition. 2013.

Salad Bar Benefits

For the Student...

Provides repeated exposure to multiple fruits and vegetables



Exposure #1



Exposure #2



Exposure #3



Exposure #4



Exposure #5

Salad Bar Benefits

For the Student...

Provides repeated exposure to multiple fruits and vegetables

Why is **REPEATED EXPOSURE** important?

- Repeated exposure to a target vegetable increases liking and intake of that one vegetable
- Also, repeated exposure to a variety of vegetables increases liking and intake of a novel vegetable

Salad Bar Benefits

For the Student...

May impact fruit and vegetable consumption

There are indications from studies in the current body of research that salad bars may improve students' fruit and vegetable consumption.

However, this research is not conclusive and further investigation is still needed.

Salad Bar Benefits

For the Student...

May impact fruit and vegetable consumption



ASU researchers are currently conducting an NIH-funded study with the aim of quantifying this impact!

Adams MA, Ohri-Vachaspati P, Richards TJ, Todd M, Bruening M. Design and rationale for evaluating salad bars and students' fruit and vegetable consumption: A cluster randomized factorial trial with objective assessments. *Contemp Clin Trials*. 2019;77(December 2018):37-45. doi:10.1016/j.cct.2018.12.007



Salad Bar Benefits

For the Student...

1. Provides a personal experience about food choices
2. Increases the variety of fruits and vegetables available
3. Provides repeated exposure to multiple fruits and vegetables
4. May impact fruit and vegetable consumption

Salad Bar Benefits

For the Food Service Department...

Gives the opportunity to test out new food items or recipes

EXAMPLES:



Vegetable



Fruit



Whole Grain



Dip

upLIFT
LEARN. INSPIRE. FEED. TEACH.
Webinar Series



Salad Bar Benefits

For the Food Service Department...

Financially sustainable way to increase fresh produce offerings

Case studies find...

Salad bar costs are more sustainable when offered as part of the reimbursable meal

Increases in produce purchases are offset by decreases in canned vegetable, baked french fry product, canned fruit, and juice purchases

Salad Bar Benefits

For the Food Service Department...

Related to greater school lunch participation

Compared to schools with no salad bar...

HIGH SCHOOLS

with a salad bar at least
once per week had a

6%

greater average school lunch
participation rate for free and
reduced price eligible students.

MIDDLE SCHOOLS

with a salad bar at least
once per week had a

7%

greater average school lunch
participation rate for free and
reduced price eligible students.

Salad Bar Benefits

For the Food Service Department...

Related to greater school lunch participation

Of schools that implemented new salad bars through the Salad Bars 2 Schools initiative...

57%

...reported an INCREASE in school lunch participation.

Slawson K, Rainville AJ. SALAD BARS IN SCHOOLS AND FRUIT AND VEGETABLE SELECTION AND CONSUMPTION: A REVIEW OF RECENT RESEARCH.
http://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Spring_2019/Salad-Bars-in-Schools-Affect-on-Selection-and-Consumption-Spring2019.pdf. Accessed July 25, 2019.

upLIFT
LEARN. INSPIRE. FEED. TEACH.
Webinar Series



Salad Bar Benefits

For the Food Service Department...

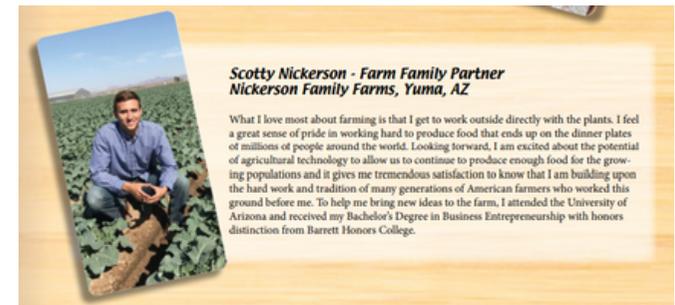
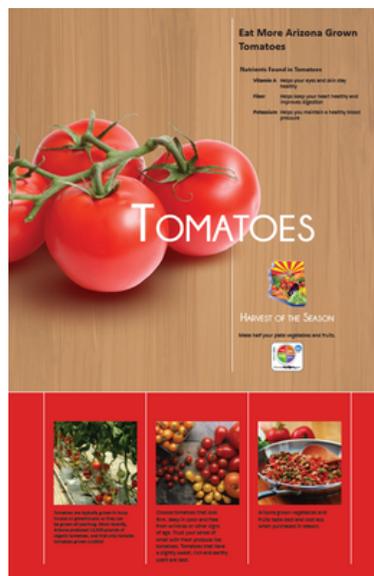
Provides an avenue for Farm to School Programming

EXAMPLES:

We're Proud to Offer



Fruits and Vegetables



upLIFT
LEARN. INSPIRE. FEED. TEACH.
Webinar Series



Salad Bar Benefits

For the Food Service Department...

Provides an avenue for Farm to School Programming

Why is **FARM TO SCHOOL** important?

- Kids win!
- Farmers win!
- Communities win!

Summary of Farm to School Benefits

Population	Reach	Benefits
Students		
Fruit and vegetable consumption	Increased +0.99 to +1.3 servings per day	Public Health
Physical activity	Reduced screen time and increased physical activity	Public Health
Health	Minimized diet-related diseases such as childhood obesity and diabetes	Public Health
Food system awareness	Increased knowledge about gardening, agriculture, healthy food, local food, seasonality	Public Health Education
Food choices	Willingness to try new and healthy food; choosing healthier options in the cafeteria and at home	Public Health Education Community Engagement
Academic achievement	Overall improvement in both grades and test scores (K-12)	Education
Behavior	Improved life skills, self-esteem, social skills and other types personal growth	Education
Schools		
Meal participation	Average increase of 9% (range 2% to 18%)	Economic Development Public Health
Meal cost	Lowers school meal program costs	Economic Development
Local food sourcing	Reaching up to 50% of all produce purchases in season	Economic Development Environment
Cafeteria options	Increased offerings of fruits and vegetables; new seasonal recipes; new waste management policies	Public Health Environment
Food service staff	Improved morale; increased knowledge of local food	Education Community Engagement
Educators	Positive diet and lifestyle changes; greater intent to integrate farm-to-school activities in the classroom	Public Health Education Community Engagement
Learning opportunities	Greater opportunity for hands-on, active and experiential learning opportunities	Public Health Education
Farmers and Producers		
Income	Average increase of 5%	Economic Development
Markets	Increased diversification and new opportunities	Economic Development Community Engagement
Families and Community Members		
Local economy	\$1.60-\$2.18 economic activity generated for every \$1 spent	Economic Development
Job creation	Each new farm-to-school job contributes to the creation of additional 1.62 jobs	Economic Development Community Engagement
Low-income students and students of color	Decreases health risks; encourages community engagement in environmental issues	Public Health Community Engagement
Parents and families	Increased food security and positive diet changes; increased student participation in meals at home	Public Health Community Engagement
Food waste and transportation	Decreased food waste; decreased air pollution	Environment

Salad Bar Benefits

For the Food Service Department...

1. Gives the opportunity to test out new food items or recipes
2. Financially sustainable way to increase fresh produce offerings
3. Related to greater school lunch participation
4. Provides an avenue for Farm to School programming

So... what now?

Next Steps

Share the WHY!

Let others in your community know about the benefits of salad bars in schools to help build/maintain support

- Parents
- Teachers
- Administrators
- Students
- Food service workers

Use the resources available on the upLIFT webpage!



Next Steps

Put it into practice!

Attend **Starting a Salad Bar, Part 2 - The How**

September 17, 2019

1:30pm - 2:00pm

Now that you know WHY to start a salad bar at your school, learn HOW to make it happen! In this webinar we will overview the key steps for properly planning and implementing an effective salad bar in your school.



Remember!

Watch webinars, win training!

Participate in the upLIFT webinar contest

and you could work with a



AN INITIATIVE OF
SLOW FOOD PHOENIX

Professional Chef!

LEAs who attend or watch every upLIFT webinar from August until March will automatically be entered into a contest to receive a FREE culinary training for their staff from the Blue Watermelon Project.



upLIFT
LEARN. INSPIRE. FEED. TEACH.
Webinar Series

Thank you!

**Any questions?
Please type them into the chat bar now.**

If you are attending the live webinar, you will receive a link to complete the survey in EMS. After you complete the survey you can print a certificate of completion.

If you are watching the recorded webinar, you can access the survey link and certificate of completion at the end of the webinar slides.



Comprehension Check

Question #1

A salad bar is a self-serve station where students can select two or more fruits and/or vegetables.

- a. TRUE
- b. FALSE

Comprehension Check

Question #1

A salad bar is a self-serve station where students can select two or more fruits and/or vegetables.



- a. TRUE
- b. FALSE

Comprehension Check

Question #2

Which of the following is a benefit of having a school salad bar for the students?

- a. Provides a personal experience about food choices
- b. Increases the variety of fruits and vegetables available
- c. Provides repeated exposure to multiple fruits and vegetables
- d. May impact fruit and vegetable consumption
- e. All of the above

Comprehension Check

Question #2

Which of the following is a benefit of having a school salad bar for the students?

- a. Provides a personal experience about food choices
- b. Increases the variety of fruits and vegetables available
- c. Provides repeated exposure to multiple fruits and vegetables
- d. May impact fruit and vegetable consumption



e. All of the above

Comprehension Check

Question #3

Which of the following is a benefit of having a school salad bar for the food service department?

- a. Gives the opportunity to test out new food items or recipes
- b. Financially sustainable way to increase fresh produce offerings
- c. Related to greater school lunch participation
- d. Provides an avenue for Farm to School programming
- e. All of the above

Comprehension Check

Question #3

Which of the following is a benefit of having a school salad bar for the food service department?

- a. Gives the opportunity to test out new food items or recipes
- b. Financially sustainable way to increase fresh produce offerings
- c. Related to greater school lunch participation
- d. Provides an avenue for Farm to School programming

 e. All of the above

Congratulations!

To request a certificate, please go to the next slide.

In order to count this training toward your Professional Standards training hours, the training content must align with your job duties.

Information to include when documenting this training for Professional Standards:

- Training Title: [Starting a Salad Bar, Part 1 - The Why](#)
- Key Area: 1000-Nutrition, 3000-Administration, 4000-Communication and Marketing
- Learning Codes: 1100, 1320, 3510, 4160
- Length: 0.5 hour

Please Note:

- Attendees must document the amount of training hours indicated regardless of the amount of time it takes to complete it.

Congratulations!

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this webinar. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.

*This will not appear in your Event Management System (EMS) Account.

<https://www.surveymonkey.com/r/upliftrecordedwebinar>

The information below is for your reference when completing the survey:

- Training Title: Starting a Salad Bar, Part 1 - The Why
- Learning Codes: 1100, 1320, 3510, 4160