

# Starting a Salad Bar

## Why?

**USDA encourages the use of salad bars in school meal programs as an effective way to meet the requirements for a reimbursable meal.**

## 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

## 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



Webinar Series



This institution is an equal opportunity provider.

## salad bar / **noun**

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

## examples:



Mixed fruit and veggie bar



Raw fruit bar



Raw vegetable bar



Pre-portioned produce bar



Theme bar



Entree salad bar