



Cafeteria Connection

Connecting you to your
child's school lunchroom



SALAD BARS: Encouraging Kids to Eat More Fruits and Vegetables

Getting kids to eat fruits and vegetables can be a challenge. Left to their own devices, many would happily stick with pizza or mac and cheese. **Thankfully, in school nutrition, we have a powerful tool to help students enjoy healthier choices: salad bars!**

Every day, your child has access to a salad bar stocked with a rotating variety of fresh leafy greens, fruits, root vegetables, and legumes. **Salad bars aren't just convenient—they're transformative.** Studies show that when students can select their favorites, they consume more fruits and vegetables and even venture to try new items, expanding their palates and improving their diets.

Salad bars also help us meet federal nutrition standards. Since 2012, the USDA has required schools to serve more fruits and vegetables and to offer greater variety. At lunch, students must have 6.25–10 servings of produce weekly, depending on their grade level.

Salad bars are a great way to boost nutrition, increase consumption, and reduce food waste by letting kids choose what appeals to them most.

Since installing our salad bar, we've seen student participation soar. Whatever their preferences, we're thrilled to see them embrace the variety and enjoy the benefits of eating more produce.

Thank you for supporting healthy eating habits in your children. Together, we're setting them up for success, one salad bar trip at a time!

