



THE INITIATIVE: Research confirms the clear connection between health, learning, and attendance. In support of this, State Superintendent of Public Instruction, Tom Torlakson, has initiated **Team California for Healthy Kids (TCHK)** to promote healthy eating and physical activity throughout the day, every day, in schools, before and after school programs, early childhood programs and communities. The campaign will focus on making healthy choices the easy choices.

A major campaign goal is to increase access to fresh fruits and vegetables, particularly salad bars in schools.



WHY SALAD BARS IN SCHOOLS?

Children respond to variety by:

- Trying new foods
- Eating more fruits and vegetables every day

SALADS...WITHOUT BARS!

Incorporate more fresh fruits and vegetables into popular meals and snacks!

- Seasonal veggie pizzas
- Sandwiches
- Cut up fruits and veggies
- Burritos and wraps

MAKE IT HAPPEN IN SCHOOLS!

1. Create Support for The Program

- Build relationships between the school board, administrators, teachers, staff, parents, parent teacher association, and nutrition services staff/director to gain support and approval
- Incorporate salad bars and Farm-to-School strategies into the school wellness policy

2. Identify Funding for a Salad Bar Grant

- Apply for a grant to fund your salad bar (for K-12 school districts participating in the National School Lunch Program)
- Talk to the school business manager or purchasing director
- Ask community partners to raise start-up funds

3. Get Your Program Going!

- Revamp menus to incorporate a salad bar
- Host promotional activities
- Educate students and staff on nutrition and local fresh produce

4. Locate the Nearest Farmer's Market

- Create partnerships with local produce growers and providers
- Implement Farm-to-School events on campus



Fresh Foods

MAKE IT HAPPEN IN AFTER SCHOOL AND EARLY CHILDHOOD SETTINGS!

1. Create Support for The Program

- Participate in the federal snack/meal program, including the supper program.
- Develop policies for staff, students and parents to ensure consistency with the school day

2. Create a Healthy Environment and Incorporate Nutrition Education

- Plant a garden to teach young children and students about fresh fruits and vegetables.
- Add cooking classes, demonstrations, and nutrition lessons focusing on seasonal fruits and vegetables.
- Include fresh fruits and vegetables as part of healthy meals, snacks, and suppers.
- For young children: Include a wide variety of age-appropriate fresh fruits and vegetables, cut in bite-sized pieces. Serve foods “family style,” and let children decide how much to eat.

3. Link Up with Organizations in The Community!

- Connect with local farmers, supermarkets and farmer’s markets to arrange tours for children and students.
- Contact the food bank to find out if produce is available for students and their families. Other after school programs have found this to be a successful strategy.

4. After-School Programs - Connect with The Food Service Department

- Advocate for fresh fruits and vegetables as part of a nutritious snacks and meals.



Resources FOR SCHOOLS

- Team California for Healthy Kids
- The HealthierUS School Challenge
- Riverside Unified School District Farmers’ Market Salad Bar Program

Resources FOR AFTER SCHOOL

- California After School Network
- California After School Resource Center

Resources FOR EARLY CHILDHOOD PROGRAMS

- Child Care Nutrition and Physical Activity Toolkit
- Healthy and Active Preschoolers

This fact sheet was adapted from information from the Riverside Unified School District Farmer’s Market Salad Bar Program overview and flier.

