# Virginia Department of Education logo

# Tips for Incorporating

# Harvest of the Month into Salad Bars

* Start with familiar foods and then branch out with a “Try It Tuesday” or similar promotion.
* Use bright colored foods and decor on the salad bar.
* Mix colors in the greens.
* Use fewer individual cups to increase visibility of fresh, colorful foods.
* Give creative and descriptive names such as “fresh broccoli bites.”
* Display names on the salad bar and elsewhere in the lunchroom (i.e., a chalkboard).
* Change the offerings periodically so students are not bored.
* Try braising, roasting, or blanching items occasionally for variety.
* Try whole fruits in attractive bowls instead of chafing dishes.
* Utilize the HOM Point-of-Sale signage with the farm name and location highlighted.
* Place the salad bar in a location where students can fill up their tray first with salad before selecting the hot entrée.
* Get students excited about produce by growing the Harvest of the Month featured items in a school garden, taking them on farm field trips, or inviting farmers or chefs to classrooms and cafeterias.
* Consider purchasing and freezing local produce in season and shifting the types of produce offered during the off-season.

Resources:

Center for Disease Control: Promoting and Supporting School Salad Bars. Accessed online 8 Jan 2020. <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/promoting_supporting_school_saladbars.pdf.pdf>

The Lunch Box: Salad Bars. Accessed online 8 Jan 2020. <http://www.thelunchbox.org/programs/salad-bars/operations/?tab=menu-planning-recipe>

Photographing School Food: A Practical Guide to Making California School Meals Look Great. Accessed online 8 Jan 2020. <https://www.ecoliteracy.org/download/photographing-school-food-practical-guide-making-california-school-meals-look-great>

