

SALAD BAR FIRST



What Is It?



What's Its Intent?



Our Expectations



As childhood obesity has come to the forefront of public health concerns, there is growing interest in finding ways to guide our children's food choices to be more beneficial for their long-term health. By having our students select farm fresh fruits and vegetables first and having our staff encourage them to do so they will learn to make better choices that will ultimately have a positive influence on their lifelong eating behavior.

Salad Bar First (SB1) is the best of both worlds bringing the Farmers' Market Salad Bar and the hot lunch together. Students visit the Farmers' Market Salad Bar **first** where they can choose fresh fruits, vegetables and proteins for their lunch plate. Then they move on to receive a hot entrée from the serving line.

The design of **SB1** is based on the work of Dr. Brian Wansink and David Just of Cornell University's Center for Behavioral Economics-Child Nutrition Programs. Their theory is that by making subtle changes to the way we position and offer food have revealed many ways to use behavioral psychology to coax children to eat better.

To significantly increase Farmers' Market Salad Bar visitations in school so that every child has the choice of healthy fruits and vegetables every day to accompany their entrée. The powerful health benefit that can come extends beyond the healthy foods consumed during the lunch hour.

Increased daily access to the variety of fruits and vegetables provides a personal experience about choices that can shape behavior far beyond the school lunch line. Children learn to make decisions that carry over outside of school, providing a platform for a lifetime of healthy snack and meal choices.

For children to significantly increase their consumption of fruits and vegetables by providing a variety of choices for them at the Farmers' Market Salad Bar. For children to respond by trying new items, incorporating greater variety into their diets. Children no longer will have to make a choice between the Farmers' Market Salad Bar and the hot line for lunch—they will benefit from both.

Children's eating behaviors can be modified.

We will teach our students to become life-long healthy eaters.