Title of Intervention: The Salad Bar Program

Intervention Strategies: Environments and Policies, Group Education

Purpose of the Intervention: To increase fruit and vegetable consumption in elementary school students

Population: Low-income Hispanic, African American or Asian 2nd-5th elementary school students

Setting: Elementary school cafeteria in Los Angeles

Partners: School district, farmers’ markets

Intervention Description:
- Environments and Policies: A salad bar menu option was introduced in the cafeteria to broaden the food choices in the USDA reimbursable lunch program at three schools. The salad bar utilized produce from either a farmer’s market or the school district’s central supplier.
- Group Education: The intervention included a nutrition education component.

Theory: Not mentioned

Resources Required:
- Staff/Volunteers: Cafeteria managers, food purchasers, farmers’ market coordinator
- Training: Not mentioned
- Technology: Not mentioned
- Space: Space for salad bar
- Budget: Not mentioned
- Intervention: Salad bar, education materials
- Evaluation: Recall interview protocol, process interview protocol

Evaluation:
- Design: Cohort, pre/post evaluation
- Methods and Measures:
  - A 24-hour food recall was conducted through face to face interviews with food model prompts for students
  - Process interviews were done with cafeteria staff and managers

Outcomes:
- Short Term Impact: Not measured
- Long Term Impact: Salad Bar Lunch Menu option can significantly increase the frequency of fruit and vegetable consumption of children living in low-income households.

Maintenance: Not mentioned

Lessons Learned: Interventions that combine food service changes at the school with education are critical to impacting the overall nutritional status of the child.

Citation(s):