

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):

Slusser, W., C. Neumann, et al. "Evaluation of the Effectiveness of the Salad Bar Program in the Los Angeles School District." Presentation School of Public Health-UCLA.