



## Why Salad Bars?

### What is *Let's Move Salad Bars to Schools*?

[Let's Move Salad Bars to Schools](http://www.saladbars2schools.org) is a comprehensive grassroots public health effort to mobilize and engage stakeholders at the local, state and national level to support salad bars in schools. Our vision is to significantly increase salad bars in schools across the country until every child has the choice of healthy fruits and vegetables every day at school. *Let's Move Salad Bars to Schools* is an initiative of the [Food Family Farming Foundation](#), [National Fruit and Vegetable Alliance](#), [United Fresh Produce Association Foundation](#) and [Whole Foods Markets](#) to support First Lady Michelle Obama's *Let's Move!* initiative. The goal of the Let's Move Salad Bars to Schools program is to fund and award 6000 salad bars over the next three years. Learn more about how to get support for bringing a salad bar to a school in your community at [www.saladbars2schools.org](http://www.saladbars2schools.org).

### Why Salad Bars?

Both academic research and actual experience in schools across the country are increasingly demonstrating that school children significantly increase their consumption of fruits and vegetables when given a variety of choices in a school fruit and vegetable salad bar. When offered multiple fruit and vegetable choices, children respond by trying new items, incorporating greater variety into their diets, and increasing their daily consumption of fruits and vegetables.

The benefit of salad bars in schools extends beyond the healthy foods consumed during the breakfast or lunch hour. Increased daily access to a 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.

The White House Task Force on Childhood Obesity has endorsed schools using salad bars and upgrading cafeteria equipment to support providing healthier foods to kids. In 2009, the National Academy of Sciences' Institute of Medicine concluded that schools need to add as many as two servings of fruits and vegetables daily to meals in order to meet children's basic health requirements.

Many school districts are either unaware of the benefits salad bars can bring to their students, or have been unable to afford the basic equipment needed to adopt this strategy. The powerful health benefit that can come with a modern, food-safety compliant salad bar is too often blocked by the prohibitive capital cost in many school districts. Let's Move Salad Bars to Schools is creating the opportunity make change.

[Apply for a salad bar today!](#)