



PARENTS

Coming April 9th' Scotten will have a Salad Bar as part of your students' school lunch program!

If your student participates in the hot lunch program, they will now select their fruits and veggies from the salad bar.

WHY IT MATTERS

- Good nutrition in childhood promotes growth, health, learning, and reduced risks for chronic disease.
- A well balanced diet is necessary for children to do well in school and lead healthy and productive lives.
- Undernourished children are more susceptible to infection and more likely to miss school.
- Recent studies indicate that what a child eats directly affects the physical structure of his or her brain, as well as memory, attention, and reasoning skills.
- Teachers will tell you that well-nourished kids are ready to learn and do better in class.

WHY HAVE A SALAD BAR AT YOUR SCHOOL?

- Academic research and actual experience in schools across the country are demonstrating that school children increase their consumption of fruits and vegetables on an average of 1.2 servings per student per day when given a variety of choices in a school salad bar.
- Increased daily access to a variety of fruits and vegetables provides a personal experience about choices that can shape healthy lifelong behaviors.
- Childhood obesity cannot be solved by removing a single food, but only by understanding the greater need to provide kids with healthy, balanced meals and opportunities for daily physical activity.

Please review the school menu and salad bar etiquette with your students and encourage them to try new foods, especially the healthier foods offered. School meals are "rightsized." Based on their age, students are getting the right portions and healthy choices like fruits and vegetables

Salad Bar Etiquette

1. Are your hands clean?
2. NEVER USE YOUR FINGERS. Use Tongs!
3. If a utensil or plate falls on the floor, don't put it back. Tell the Lunch Lady.
4. Don't taste food items at the salad bar.
5. Take a small amount of new foods to try.
6. Take only what you can eat.
7. Don't bring food back to the salad bar.
8. DON'T PUT YOUR HEAD UNDER THE SNEEZE GUARD OR FOOD SHIELD.
9. Sneeze AWAY from the Salad Bar.
10. Ask a friend or a Lunch Lady to help if you can't reach.
11. Always be polite in line. Wait your turn.
12. NO SECONDS! If you're still hungry, fresh fruit/vegetable is available, ask the Lunch Lady!!



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