



Fresh Food Buffets (or Salad Bars):

Notes on CHEP's approach in Saskatoon

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1. Equipment: Kits are available through the school board resource centres*

Saskatoon Public School Division Only
310-21st Street East
Saskatoon, SK S7M 1M7
Phone: (306) 683-8329
Fax: (306) 657-3964

Saskatoon Catholic Schools Only
420-22nd Street East
Saskatoon SK, S7K 1X3
Phone: (306) 659-2003
Fax: (306) 659-2010

***In addition to kit**, we recommend having extra cutting boards and knives, a salad spinner as well as dishcloths and tea towels on hand.

2. Fresh Food Buffet Classroom education kits: Public Health Services has prepared Salad Bar lesson plans for each grade. They take about 15 – 20 minutes. These are also available from your school board resource centre (see above phone numbers).

3. Salad bar quantities

Serves about 250 elementary students and adults

At these quantities, we've estimated that the cost per person was about \$3.00

½ case apples -cut in pieces at salad bar line

½ case oranges -cut into pieces at salad bar Line

2 cases pineapple or cantaloupe

1 case (12 packages) romaine lettuce hearts – 3 per bag

1 case of sweet peppers, assorted colours

½ case or 10 pounds baby carrots

1 – 2 cases (12 – 24) long English cucumbers

1 case or 10 bunches broccoli

8 containers of Ranch Salad Dressing

6 containers of sunflower seeds, soy nuts, pumpkin seeds, roasted corn; any combination**

6 900gram blocks of cheddar cheese -Co-op cubed/sliced (additional \$4.50 per block)

-Limit students to 2 pieces

Hard boiled eggs -1/2 per person

OR Bean Salad: 6 cans of assorted canned beans, (rinsed)

1 can Baby corn or corn niblets

1 bottle Italian Salad dressing (or see bean salad recipe at end of manual)

Chopped onion, assorted peppers for colour

1 bun per person. Ordered from Co-op at least 60% whole wheat tray buns

OR Bannock (can be order from Pleasant Hill or Nestor's Bakery) (60% whole wheat)

½ wrap tortilla (assorted colours) or ½ pita for half the people

Non-hydrogenated margarine

1 milk (250ml) (mostly chocolate) per person

***many of these seeds are now prepared in peanut oil – be sure to read the label when purchasing*

Serves approximately 70

4 bag romaine hearts (3 per bag)

6 peppers, assorted colours

4 pounds mini carrots

4 clam shells cherry tomatoes

6 cucumbers

4-5 large heads broccoli

25 apples

25 bananas

4 cantaloupes

3 salad dressing bottles

2 – 3 blocks cheese cut into ¾ inch cubes

1 container sunflower seeds

1 container roasted soy beans

½ hard boiled egg per person

50 whole wheat buns

4 packages (24) flavoured wraps, cut in half

4. Salad Bar to-do list

Get a class to help with prep. I usually ask for 4 –6 students at a time when I have a job ready for them to do. When the job is done I send them back to their classrooms. I get them to wash their hands prior to coming and just before they start their job, use hand sanitizer.

2 –3 adults and a classroom can do all the prep for 200-300 people.

About 1 week prior to Salad bar day:

Order buns, sliced cheese and milk – we choose to shop at the Saskatoon Co-op

Buns and Cheese at 33rd St Co-op Deli at 933-3860

8th St Co-op Deli at 933-3875

Attridge Co-op Deli at 651-5571

Milk can be ordered for delivery through Don Weightman at 934-3676

Order produce – you can order through CHEP

A day or two before

If serving hard-boiled eggs, boil eggs at least the day before (bring to a boil and allow to boil for 8 – 10 minutes),

Purchase remaining groceries

Salad Bar Day – give yourself 2 ½ - 3 hours (we usually start 9:00am)

All containers must be clean. Check carefully!

Lettuce:	Wash well when first arrive. Dry with salad spinners. Rip/cut into bite size pieces into 2 largest containers.
Peppers:	Wash well. Remove stem and seeds Slice into ¼ inch strips
Cucumbers:	Peel plastic off and wash Slice into ¼ inch slices
Broccoli:	Wash well. Cut or break into single “trees”
Cherry tomatoes:	Rinse well
Baby Carrots:	Rinse
Apples:	Wash apples. Place in 2 baskets or containers with oranges Have cutting boards, knives and apple slicers on tables for cutting
Oranges:	Wash. Place in baskets/containers with apples
Pineapple or Cantaloupe:	Wash well. Peel ¼ - 1/3 inch off. Slice and Cut into wedges
Buns:	Cut in half and place in 2 large containers. Slice and leave remaining buns in bags and fill containers as needed.
Wraps/Pitas:	Cut in half and put into large container with buns
Cheese:	Make sign: <u>2 slices per person please</u>
Boiled eggs:	Peel eggs. Cut into half. Make sign <u>½ egg per person please</u> Place single layer on flat tray, covered with foil
Seed Mixture:	Mix all. Make sign: <u>Contains sunflower seeds, soya nuts and toasted corn</u> (or whatever mix you have chosen)
Bean Salad:	Drain and mix beans with Italian dressing (or dressing on page 6) (to taste), chopped onion and chopped coloured peppers.

5. Information for newsletters, etc.

--CHEP is happy to partner with _____ school in offering a Fresh Food Buffet on _____. The purpose of the Fresh Food Buffet is to encourage a fun and healthy eating atmosphere where children are provided with the opportunity to taste, sample and enjoy fresh vegetables and fruit.

or

--(date) at noon there will be a special lunch for students at (school). The grade 4 students will serve up a colourful Salad Bar (or Fresh Food Buffet) for all students and staff. The purpose of the Salad Bar is to encourage a fun eating atmosphere where children are provided with the opportunity to taste, sample and enjoy fresh vegetables and fruit.

Salad Bars are promoted to encourage more healthy eating in schools. Kids choose their own foods and in portions that suit their appetite. In the process they are learning about good food. The Salad Bars offer a minimum of 5 vegetables, 3 fruits, 3 protein choices and 2 grain products.

"The dramatic increase in childhood obesity over the past decade and the impact of fast food industry on children and teens, has inspired CHEP to look for new ways to offer healthy alternatives" says Karen Archibald, Executive Director of CHEP.

When children eat with their friends and peers they prompt each other to eat foods they have perhaps not enjoyed or tried before. Instead of hot dog or pizza hot lunch days, schools can now choose a healthier alternative.

"To support healthy weights and chronic disease prevention we need to have supportive environments such as easy access to vegetables and fruit. In Saskatoon Health Region, 67% of residents say they eat less than five vegetables and fruit each day. This wonderful program will help children meet the 5 – 10 servings they need each day." Says Twyla Markham RD, Supervisor with Public Health Services, Saskatoon Health Region.

6. Information letter for parents. Please remove the appropriate bolded statement regarding payment or no charge. If Nutrition Positive is helping to fund at your school, you may want to add that to the information letter.

When there is no charge, send home to inform parents of who is involved and to give parents a chance to decline or inform of allergies.



CHEP's Fresh Food Buffets

A Fresh Approach to Lunch

Dear Parents and Guardians:

CHEP is pleased to invite your child to a healthy lunch as part of our program - Fresh Food Buffets for Children - through CHEP Good Food Inc.

On _____ your child can enjoy a healthy fun lunch at _____ School from CHEP's student friendly Fresh Food Buffet. Menu items will include three fruit choices (BC apples, pineapple, oranges), five vegetable choices (carrots, romaine lettuce, cucumbers, peppers, broccoli), three protein choices (cheese, hard boiled eggs, seeds and soy nut mix), two grain options (tortillas, whole wheat buns) plus milk. CHEP strives to have a nut-free menu.

Not only will the students of _____ school have a wonderful lunch, but they will also enjoy the opportunity to select a well-balanced healthy lunch for themselves. Our main focus with the fresh food buffet lunch will be increasing consumption of fresh fruits and vegetables, whole grains and legumes.

The charge for this Fresh Food Buffet Lunch is \$ _____ .

OR

There is no charge for this lunch.

Students Name _____ Teachers Name _____

If you have any concerns about the salad bar you may phone CHEP at 655-5311 or speak to _____ at the school

7. Other ideas for Fresh Food Buffets

If you have had more than one Fresh Food Buffet/Salad Bar, you may want to try adding some different ideas to vary it up a bit. Adding new foods may increase the cost, so keep that in mind when thinking of options for your school.

Some schools in Saskatoon have tried some new ideas (on top of the regular vegetables and fruits) such as:

- Cheese quesadillas – with or without salsa on the side
- Fruit salad – variety of fruit mixed with vanilla or strawberry yogurt
- Hummus or other bean dip – to dip pita bread and vegetables or spread on a wrap or pita
- Pasta salad – whole wheat pasta with chopped vegetables and lightly tossed in Italian salad dressing

Other ideas you might want to try:

- Guacamole – for dipping vegetables or spreading on pita or tortilla
- Coleslaw with a vinaigrette dressing
- Lentil salad
- Couscous salad
- Spinach salad

A great bean salad recipe for 200-250 kids:

6 cans assorted beans (black, kidney, chickpeas, mixed, etc.), rinsed and drained
1 orange/yellow bell pepper, chopped
1 red bell pepper, chopped
2 cans corn niblets, drained
1 small red onion or 1 cup green onion, chopped
½ c red wine vinegar
½ c olive oil
2 Tbsp white sugar
1 clove crushed garlic (optional)
1 tsp ground cumin (optional)
½ tsp chili powder (optional)
1 Tbsp lime juice (optional)

Toss beans and veggies together. Combine vinegar, oil, sugar and other dressing ingredients – coat bean mixture. Chill and let stand for a couple of hours before serving, if possible.

The goal with some of these other ideas such as hummus, lentil or bean salad is to introduce students to new foods.

If you are looking for more ideas or specific recipes to snazz up your Fresh Food Buffet, call CHEP.

8. Offer versus Serve

A central component of the Fresh Food Buffet is that students must be able to serve themselves. Often teachers and parents want to “serve” the children. It is important that children serve themselves to have the opportunity to choose what they want to eat and the portion size that is best for them. It is imperative that teachers, parents and other volunteers allow the children this opportunity.

In the classroom before the students take part in the Fresh Food Buffet, you can encourage the students to try something new, to select at least 1 food from all of the food groups offered and to take an appropriate portion size that is right for them. Remind them that they can always go back for seconds if they are still hungry.

Oftentimes the younger students may have trouble carrying their plate and adding food to their plate as they go. Instead of a line of volunteers serving the children, we recommend having an older class to help the younger children through the Fresh Food Buffet line. The children decide what they want to eat and an older student will help them to serve themselves.

Many adults are concerned that there will be waste when students serve themselves. There will always be some waste, but there is actually less when students are able to choose the foods that they want to eat. When someone “serves” the student, they are often given a food that they do not like and too large a quantity and if given the choice, they would not have chosen that food. This food will usually go to waste. As stated in the Food Share “Salad Bars in Schools” manual, “It is important for them to understand that they need to only take what they can eat and they should only eat what they need, not what is put in front of them.”

It is an important life skill for the children to learn not to take more than what they can eat. Moreover, with all the problems our society is facing related to poor nutrition and obesity, it is important that the children learn how much food is enough for them and that they not be pressured to eat whatever is put in front of them.

9. Going Green...

We encourage as many schools as possible to “go green” at the Fresh Food Buffets. You can cut down on waste as well as cost for your lunch by encouraging children to bring a plate and fork from home for lunch. It is a good idea to have extra plates and forks on hand for those students who may forget theirs, but this significantly impacts the amount of waste from the Fresh Food Buffet.

If your school does not currently compost, now may be time to start thinking about it! In preparing cases of vegetables and fruit for the lunch, there will be organic waste which is great to compost. If your school does not currently compost, you can visit the website for the Saskatchewan Waste Reduction Council to learn more on how to get started at: <http://www.saskwastereduction.ca/resources/Composting/composting-index.html>

10. Salad Bar Evaluation for Students. Please complete and return to CHEP

1) Did you like eating at the Salad bar for lunch? (please circle)



Yes



Do not know



Did not like

2) I liked the Salad Bar because.....

3) I did not like the Salad Bar because.....

4) One new food that I tried on the Salad Bar is....

5) I have fresh vegetables and fruit at home (please circle one)



___ Everyday!



___ A few days each week



___ Not very often

6) I would like to eat from the Salad Bar (please circle one)



___ Once each week



___ Twice each week

7) What grade are you in? _____

Thank you!

11. Salad Bar Evaluation for School Staff

Please ask at least 5 staff members (Our suggestions: Principal, Salad Bar organizer, Food coordinator, School coordinator, random teachers) to complete this survey. This information will enable us to continue to improve and meet the needs of this innovative lunch program.

Name of school: _____ Total school enrollment: _____

Number of students that participated in the Salad Bar: _____

1 = poor 2 = fair 3 = good 4 = very good 5 = excellent

1. Overall, how would you rate the Salad Bar?

1 2 3 4 5

2. Overall how did the students respond to the Salad Bar?

1 2 3 4 5

3. Overall how did school staff respond to the Salad Bar?

1 2 3 4 5

4. Overall, how was the quality of produce at the Salad Bar?

1 2 3 4 5

5. How could the Salad Bar and its delivery be improved?

6. How often would you consider providing a Salad Bar?

_____ Once a week

_____ Once a month

_____ Once a year

7. After participating in the Salad Bar Experience, do you think that your school could offer a similar Salad Bar lunch without CHEP's help?

8. What supports would you need to continue to offer the Salad Bar?

9. One of our objectives in offering a Salad Bar is to provide an opportunity for students to make healthy choices by choosing their own lunch and quantity of lunch that is right for them. Was this implemented at your Salad Bar?

_____ Yes

_____ No

_____ Sometimes

Please add comments:

10. Did you notice any behavior changes after the salad bar as compared to other hot lunch days? Please comment.

11. What comments did you hear about the Salad Bar?
From students

From Staff

From Parents

Thank You! Please mail, fax or email to Robin Hartl at CHEP
Mail: 230 Ave R South, Saskatoon S7M 0Z9
Fax: 655-5512 Phone: 655-5311
Email: robin@chep.org

12. Recommended Layout for the Buffet Lines (works well for 150 students or more)

