



Evergreen School District Child Nutrition Services Get in the Game! Fuel Up to Play 60!

The National Dairy Council (NDC) and the National Football League (NFL) -- in collaboration with the U.S. Department of Agriculture (USDA) -- are making a long-term commitment to America's youth with a school-based nutrition and fitness initiative called **Fuel Up to Play 60**. The initiative gets students involved in creating a healthier school environment that promotes student health, learning and achievement. Through **Fuel Up to Play 60**, students will pledge to choose more nutritious foods (including low-fat and fat-free dairy foods, fruits, vegetables and whole grains), get 60 minutes of physical activity every day, and encourage their friends, family and entire school to join them – and have fun too!

Your child's school is part of a select group from across the country participating in **Fuel Up to Play 60**. In fact, Child Nutrition Services in collaboration with O.B. Whaley School received funding to offer salad bars in the school lunch program. The salad bars will provide your child with a unique opportunity to consume a variety of nutrient dense fruits and vegetables and learn how developing healthy habits early on will establish lifelong positive changes in their health and wellbeing. The salad bars will be opened in mid January 2012. Your child can participate just by taking part in the school lunch program. There are no additional charges for the salad bar. The cost is included in the regular price of school lunch.

You will find more information on the fresh fruit and vegetable salad bar program on the back of this letter. We hope you are as excited about this opportunity as we are, and we look forward to a school year of positive, healthy changes through **Fuel Up to Play 60!** If you have any questions or need more information, please contact our office at (408) 223-4500.

Frequently Asked Questions

What is the salad bar?

The aim of the salad bar is to increase student's daily intake of fresh fruits and vegetables. The salad bar will offer a variety of high quality, fresh, seasonal fruits and vegetables daily for student consumption.

Is a salad bar a need for students?

Absolutely! Good dietary habits begun during childhood are not only an important life skill but will contribute to their good health and ability to learn.

Who prepares the food?

Child Nutrition Services will prepare the fruits and vegetable for the salad bar as well as the rest of the food for the National School Lunch Program.

How does the salad bar operate each day?

The salad bar will be included in the regular school lunch program. During lunch, students will go through the lunch as they normally do. They will choose all the items they want to eat, including eating from the salad bar if they want. Students are required to say their first and last name to the CNS staff member at the end of the line and will be charged for their meal according to their meal eligibility (i.e. free, \$.40 for reduced, or \$2.50 for full pay).

Will students have to pay extra for this?

No! The fresh produce and fruit salad bar will be a part of the students' reimbursable meal. There will be no additional charges.

How much can you get at the salad bar?

Students are allowed to take some of each item offered. There can be up to 10 different side items offered daily so please encourage your students to participate but only take what they are going to eat! Students will use a separate tray that they will fill for the salad bar. The serving size will be determined by how much they can fit into that tray. However limits for certain items will be posted on the salad bar so students will know how many pieces of an item you can take. Students can only go to the salad bar one time and cannot return for seconds.

What items does the salad bar offer?

The salad bar will offer a variety of seasonal, local fruits and vegetables. Offerings will vary daily to keep students interested and allow them to reap the nutritional benefits of a diverse diet.

What are the nutritional requirements?

Evergreen School District participates in an offer vs. serve program under the USDA National School Lunch Program. To meet the USDA requirements, the lunch program offers items from each of the following five categories: bread, milk, meat/meat alternate, fruit and vegetables. The salad bar will increase the offerings of fruit and vegetables. Students are required to take a minimum of one serving from three categories, but may also take more.