

School Administrators

WHERE OUR STUDENTS ARE TODAY

- In Ohio 92.8% of high school students reported they did not eat fruits or vegetables three or more times every day in the past seven days.¹
- Only 4% of elementary schools, 8% of middle schools, and 2% of high schools provide daily physical education.²

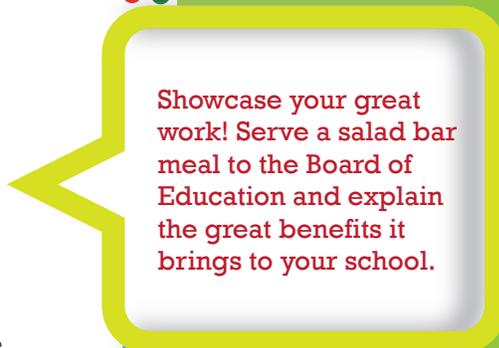
HEALTHIER STUDENTS ARE BETTER STUDENTS

- Children who are healthier do better in school. Children who consume a poor diet have a decreased ability to learn which can be linked to aggressive behavior, violence, hyperactivity, inattention, lack of exercise and lack of breakfast.³
- Poor nutrition can adversely affect academic performance, increase susceptibility to infection, and cost schools millions of dollars each year.⁴
- Students with poor diets have lower math scores, are more likely to repeat a grade, see a psychologist, and be suspended from school.⁴

LET'S MOVE! A SALAD BAR TO YOUR SCHOOL

- Salad bars are a great way to help schools meet the US Department of Agriculture (USDA) new meal patterns that emphasize serving more dark green, red/orange vegetables and legumes every week.
- Put your school in the positive media spotlight. Local news media loves to highlight the great strides schools are making as part of the community. You can even earn national recognition as part of USDA's Healthier US School Challenge (HUSSC).
- Boost student participation in the National School Lunch Program. As an example, in 2002, Riverside United School District (RUSD) in California was in the red \$3.1 million. Installing salad bars changed the perception of the nutrition program. Nine years later, RUSD has doubled participation and paid off their debt. They now have operating reserves of \$5.1 million.⁵
- Ohio schools who currently have salad bars, have seen a decrease in food waste and labor costs and an increase in school meal participation.⁶

To reverse current trends, a “coordinated, system-wide approach” is needed that engages individuals and families, educators, communities and organizations, health professionals, businesses and policymakers.³



¹Source: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System, 2011.
²Source: Centers for Disease Control and Prevention. School Health Policies and Programs Study, 2006.
³Source: The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools.
⁴Source: Center for Ecoliteracy.
⁵Source: <http://saladbars2schools.org/pdf/Riverside-SBP.pdf>.
⁶Source: Ohio Seed to Salad School Food Service Director's Survey and Interviews.

