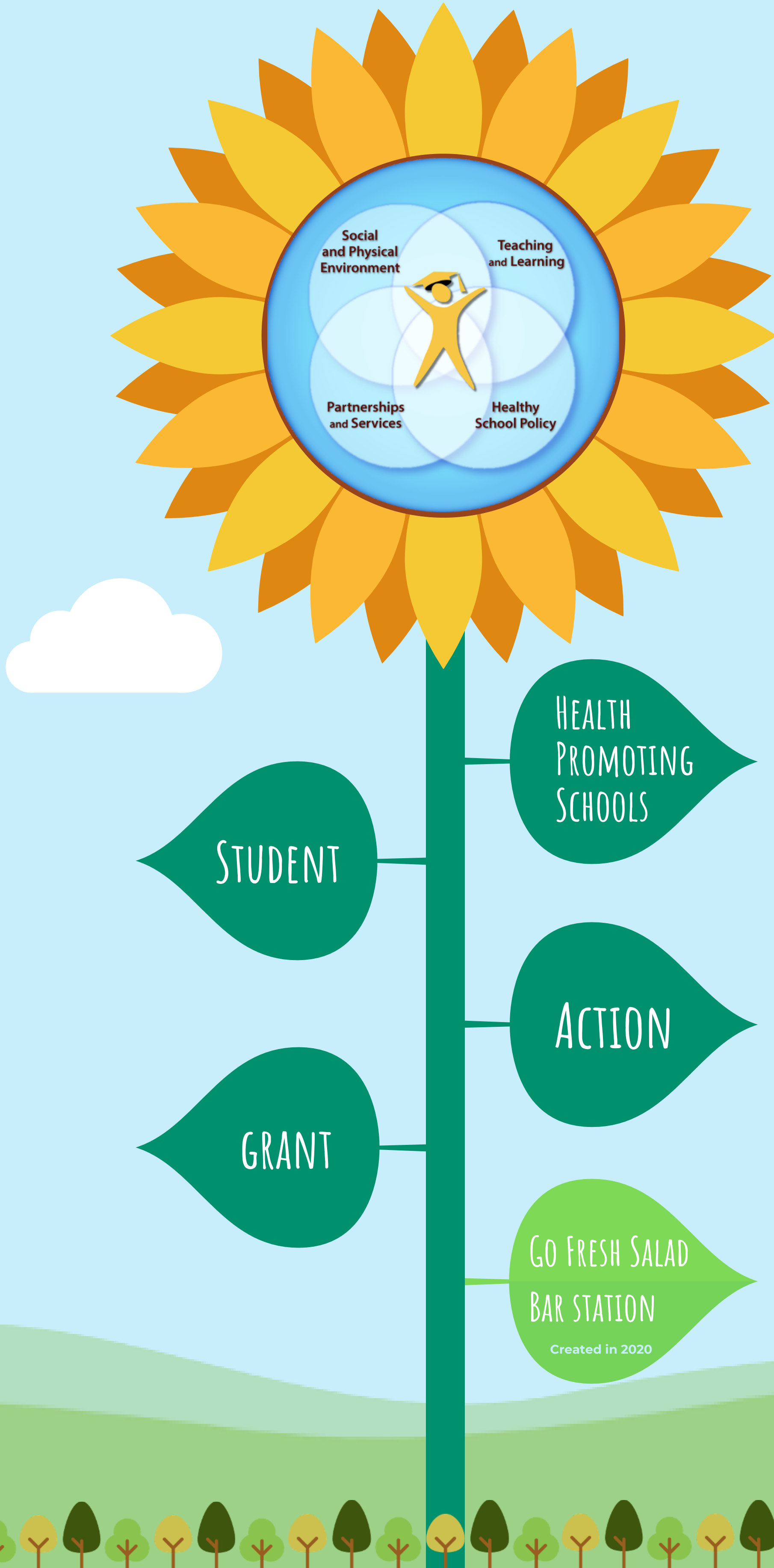


## Promoting Healthy Learning Environments With the UpLift Partnership

The UpLift Partnership provides \$5000 in seed funding to participating schools to enhance the HPS approach. Projects are required to incorporate meaningful student involvement. Funding is provided by the PHAC and matched private sector funding. It is encouraged to combine this grant with other grant opportunities.



## WHAT IS IT?

A Go Fresh Salad Bar Station gives students the opportunity to prepare and eat healthy and fresh foods. Students can have the opportunity to create menus for school lunches, develop a build-your-own meal model, and prepare a layout of the fresh fruits and vegetables. A Go Fresh Salad Bar Station can provide students with easy access to fresh fruits and vegetables that can be incorporated into their daily meals.

## WHO SHOULD BE INVOLVED?

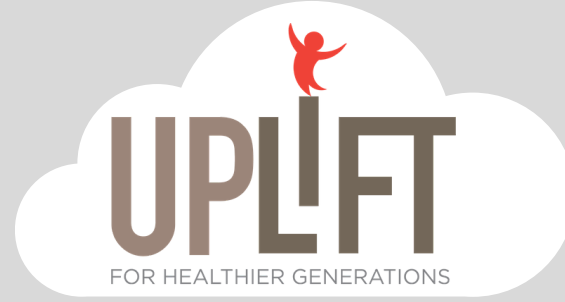
Planning a Go Fresh Salad Bar Station means engaging different members of the school community:

- Food service professionals
- Parent volunteers
- Principal/Vice principal
- Teachers
- Students
- Regional Centre for Education/Conseil scolaire acadien provincial
- Public health/food safety
- School nutritionist
- Local farmers/farmers markets
- Other community partners

## WHAT ARE THE BENEFITS?

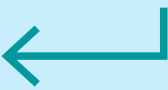
Schools that implement this project have the opportunity to enhance their relationship with community partners as this project requires a lot of collaborative work. This project can also positively impact students and increase their fruit and vegetable intake as they can be actively involved in every step which can increase their level of interest. If students understand the importance of healthy food consumption early on in their life, there is a greater chance that they can be more willing to incorporate healthy foods into their daily lives as they grow up.

# GO FRESH SALAD BAR STATION - LOCAL EXAMPLES



## New Germany Rural High School (New Germany, N.S)

Students preparing different seasonings to incorporate into their salad bar.



A salad bar art wall and menu board created by students and art teacher in New Germany Rural High School.



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## Chester Area Middle School (Chester, N.S)

The school has provided students a months worth of free lunch. This is one of their salad bar setups.



A two-week menu which includes a salad bar and foods that are made from scratch.



LOCAL Root veggies, beef, chicken, beans, blueberries, apples, flour, honey and more!

### Well Fed Students - Phase 2 \* Root ED in the South Shore School Food Project

EVERYONE EATS	Monday	Tuesday	Wednesday	Thursday	Friday
	Nachos & Salsa	Small muffin	Blondie	Popcorn	Rice Krispie
EVERYTHING MADE FROM SCRATCH INCLUDING SALAD DRESSINGS - SOUP WILL BE ANNOUNCED DAILY.					
May 27-31	School-made Hamburger or Veggie Burger Salad Bar	Soft Taco Day Local Beef or Bean Topping/Salad Bar	Egg & Cheese Burrito Salad Bar	Mac & Squeeze Extra creamy Salad Bar	Cheese Pizza School-made Crust, Sauce, Cinnamon Caesar Salad Bar
Jun 3-7	Meat or Veggie Spaghetti Salad Bar	Soft Taco Day Local Beef or Bean Topping/Salad Bar	Grilled Cheese Real Cheddar Salad Bar	Roast Chicken Burger or Veggie Burger Salad Bar	Cheese Pizza School-made Crust, Sauce, Cinnamon Caesar Salad Bar

ALLERGY ALERT - We are an allergy aware kitchen but we cannot guarantee that food has not come into contact with any allergens. Please be sure to talk to the cafeteria about any dietary restriction/allergy. Please email [food\\_cms@npsca.org](mailto:food_cms@npsca.org) or call 902-275-5015 with any questions.

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## Bluenose Academy (Lunenburg, N.S)

Students serving themselves at the salad bar, choosing from a variety of different fresh and nutritious local vegetables.

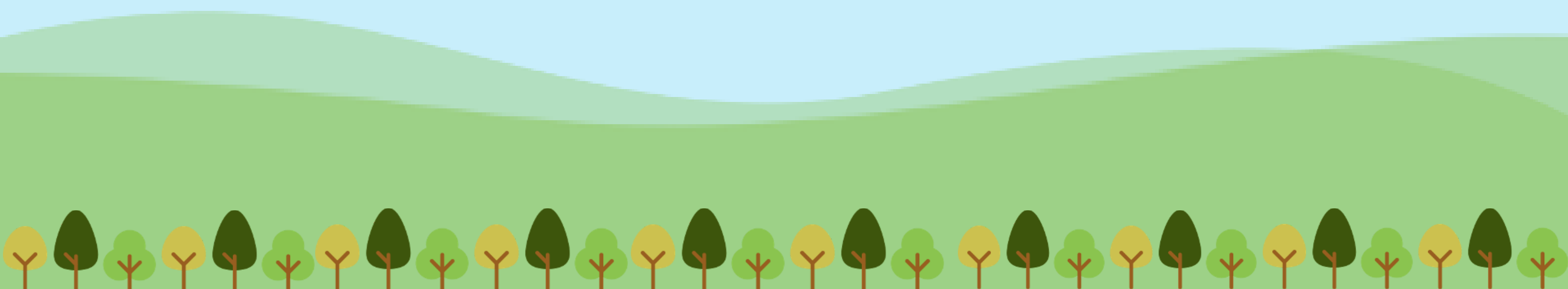


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Students taking part in their school's salad bar for the first time. They had the opportunity to try delicious pasta with tomato sauce and salad on the side.



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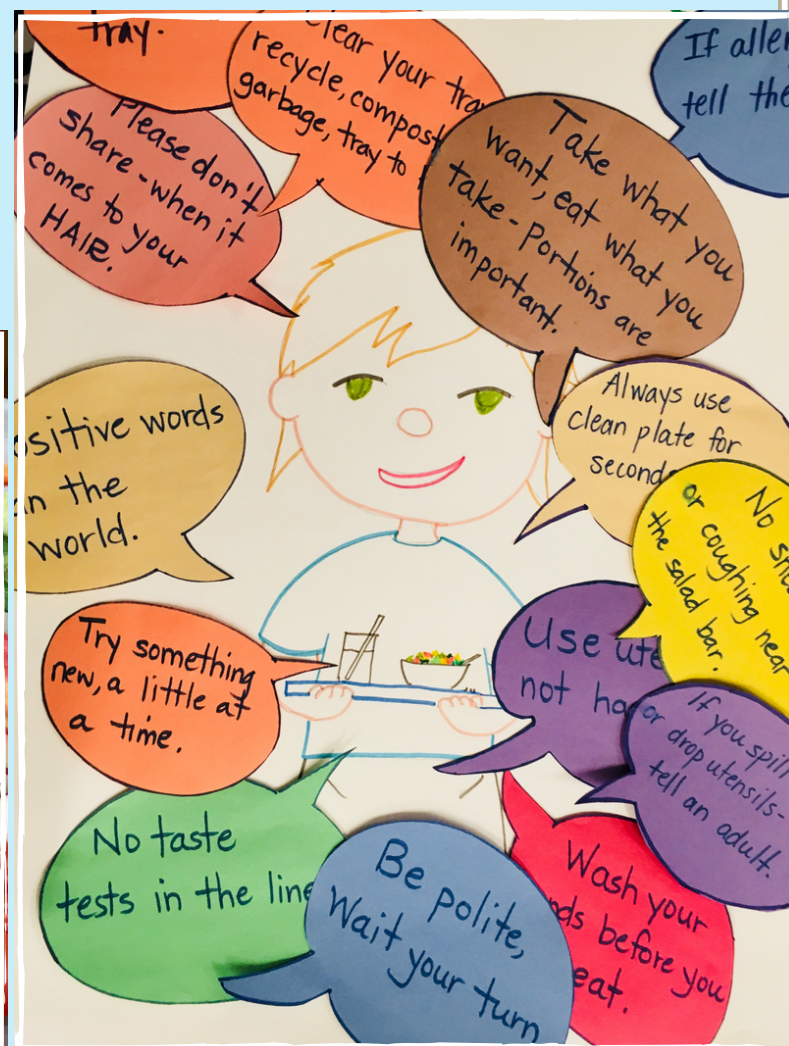
# GO FRESH SALAD BAR STATION



Students get a first taste of local vegetables such as tomatoes, carrots, cucumbers, etc.

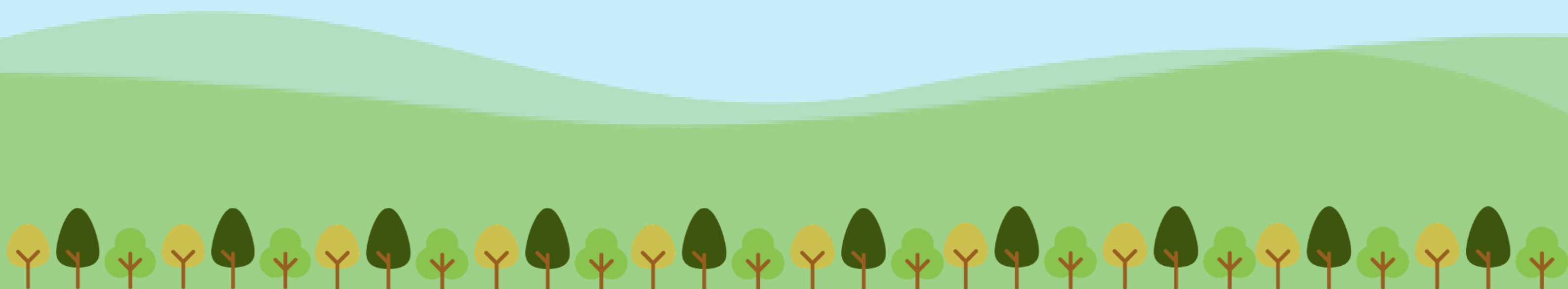


A Food Safety Specialist training students on salad bar etiquette and food safety before the launch of the project.

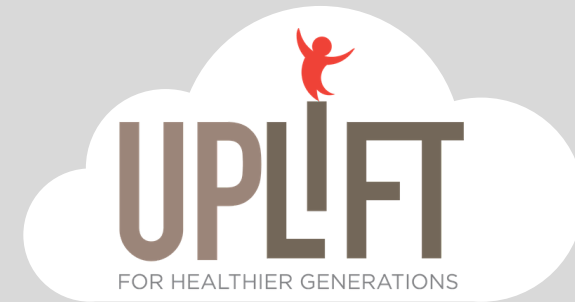


Students participating in their school's Go Fresh Salad Bar Station. One school has a stuffed potato salad bar and the other has a caesar salad bar.

Students took part in pre-implementation events such as suggesting new menu ideas and participating in food safety etiquette training.



# GO FRESH SALAD BAR STATION - BUDGET



## SPRINGHILL JUNIOR-SENIOR HIGH SCHOOL (CCRCE)

All items provided by Big Erics INC. in Dartmouth N.S.

- Versa food bar buffet serving 5-foot unit (1) - \$2,431.57
  - Versa Tray Rail for 5-foot food bar (2) - \$645.96
  - Divider bars (8) - \$38.15
  - Insert pan full size (1)- \$19.90
  - Insert pan half-size (4) - \$40.96
  - Insert pan half-size lid (4) - \$30.56
  - Full size cover (2) - \$26.08 total
  - Insert pan ¼ (8) - \$58.80 total
  - Food pan cover ¼ (8) - \$34.71 total
  - Insert pan 1/6 (18) - \$92.52
  - Insert pan covers 1/6 (18) - \$67.50
  - Scallop tongs (15) - \$43.35
  - Fast food trays (96)- \$283.20
  - Squeeze bottle (1)- \$19.80
  - Ladles (4) – \$9.52
- Total (including HST & delivery fee) = **\$4,551.55**

## TATAMAGOUCHE ELEMENTARY SCHOOL (CCRCE)

All items were provided by Big Erics INC. in Dartmouth N.S.

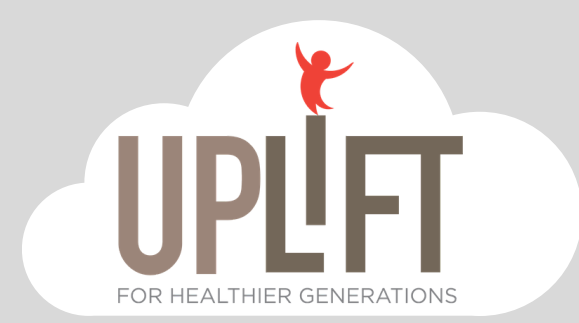
- Serving buffet 72" (1) - \$2,607.89
  - Food bar tray rail (1) - \$345.25
  - Divider bars (7) - \$39.26
  - Insert pan full size (2) - \$39.80
  - Insert pan full size cover (2) - \$26.08
  - Insert pan half-size (4) – 40.96
  - Insert pan half-size lid (4) - \$30.56
  - Insert pan ¼ size (8) – \$58.80
  - Insert pan cover ¼ (8) – \$34.72
  - Insert pan 1/6 (24) – \$123.60
  - Insert pan 1/6 size cover (24) – \$90.00
  - scallop tongs (9) – \$43.35
  - Squeeze bottles package (1) – \$19.80
  - Ladle 1/2oz (4) - \$9.52
- Total (including HST & delivery fee) = **\$4,157.12**

## ADDITIONAL COSTS

Schools are encouraged to obtain additional funds (through fundraisers or grant opportunities) prior to the launch date in order for this project to take hold and to ensure continuous student engagement. It is suggested that schools have around \$10,000 for sustainability funding beyond the cost of the salad bar infrastructure (initial finding can vary depending on school size). See page 7 for more information.



# GO FRESH SALAD BAR STATION - ROLE OF STUDENTS AND SCHOOL



## WHAT NEW SKILLS WILL STUDENTS GAIN?

Students who participate in this project can learn safe food handling and food etiquette skills. This project also creates a shift from students being served food in their cafeteria to students being able to serve themselves and their peers. This shift can impact the students' independence, leadership skills, communication skills, nutrition knowledge and possibly their advocacy skills as well.

## STUDENT ENGAGEMENT

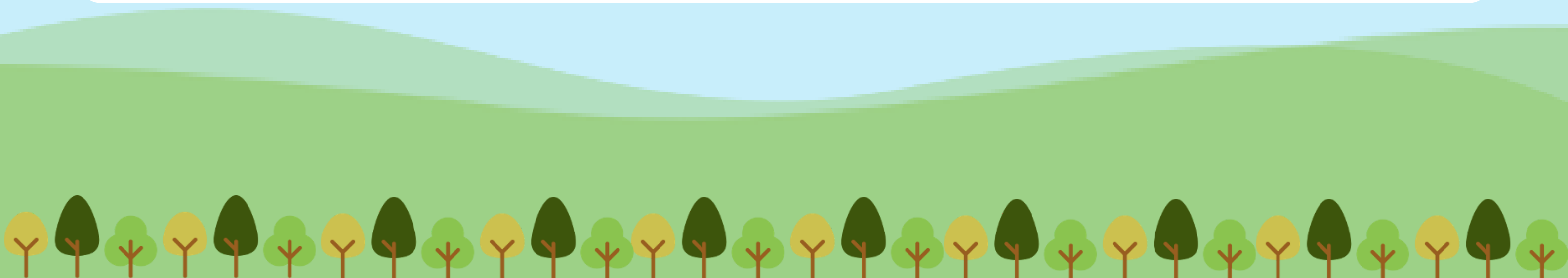
Students and other key stakeholders can collaborate and create a support team to help maintain this project in their school. Students can also get involved in tasks such as developing menus and ingredients, creating branding and promotion materials, peer mentoring and education on nutrition, and advocacy around food security and access to nutritional foods. There is opportunity for student involvement in the project's media sources (i.e. school announcements, TV slide shows, social media platforms). This project can be used as a learning tool for students. Students have the opportunity to participate in food etiquette and food safety training sessions in order to familiarize them with proper salad bar practices. This helps the launch day run more smoothly. Students can be included in activities around food education which can help enhance their food literacy and potentially have a positive effect on the current food culture.

## SCHOOL COMMITMENT

Schools should acknowledge that this project is not a one-time event. Building a sustainable project requires a lot of preparation, communication, funding, training for both students and food service professionals, engagement from all stakeholders, and lots of volunteering. Learning to source local food and gaining the knowledge of food safety are also part of the school's commitment to the salad bar. Succession planning is very beneficial to have and can be done with future parent volunteers, teachers and other stakeholders. A succession plan can also be used when applying for grants and can increase the chances of receiving grants.

## Find out more about Go Fresh Salad Bar Stations

1. Farm to School Salad Bars
2. A Toolkit For Schools Excited About Good Healthy Food For Lunch!
3. Salad Bars
4. New Brunswick Farm to School Guide
5. British Columbia's Farm to School Salad Bar Guide
6. Farm to School Canada Grants 2020
7. Farm to School Grants Training Webinar



# GO FRESH SALAD BAR STATION - SUCCESS & SUSTAINABILITY

## IDEAS ON HOW TO KEEP THIS PROJECT SUSTAINABLE

### Student Engagement/Learning Day

- With the support of funding from various grants and fundraisers, the school can launch a "free salad bar day" to kick off the project. At the initial launch, it is encouraged that all students from every grade participate in this day as it can eliminate initial barriers (i.e. unwillingness to participate or to eat the food provided). Also, the "free day" can give schools an idea of how their students adapt to this new concept, whether they have enough student interest, etc.

### Active Engagement

- Actively student and stakeholder engagement is key. Some examples include engaging students in menu development each salad bar day. Food service professionals can be invited to visit schools with existing salad bars to get a better understanding of their roles and responsibilities.

### Gradual Increase

- A school can start with implementing the salad bar on a day where all students can take part and be introduced to it. From there, the school can start implementing a salad bar during their lunch break once a week and as more and more students get engaged, different types of themes and ideas can be incorporate by students (ex. taco bar and stuffed potato bar, etc.). This can be done by securing parent buy-in (i.e. pre-purchasing a one-month salad bar commitment) as well as holding special lunch events such as Toonie Tuesdays.

### Support Team

- As mentioned on page 2, the school, students, and important stakeholders should consider developing a support team for this project. This team can be responsible for promoting and supporting the project from the early stages to sustainability planning stages. With everyone's involvement, there is a higher chance of success.

### Start-up Fund Considerations

- It is recommended that schools have approximately \$10,000 of start-up funding beyond the cost of the physical salad bar and equipment (amount can vary depending on school size). Once sufficient funding is acquired, a free salad bar day can be held to kick off the project.
- In addition to the free launch day for students and staff, the startup funding can also be used to pay for reduced cost days on salad bar days (i.e. Toonie Tuesdays). These reduced cost days requires parents to only pay \$2 while the rest would come from the initial funding. This can ensure that both the students whose parents contributed and those who were unable to contribute, both have the opportunity to access the Go Fresh Salad Bar Station. Funding can also cover the cost of a Farm to School "try it" day, or a farmer's time or produce to bring into classrooms or also volunteer food safety training. Another activity to use the startup funding for is classroom cooking (in age-appropriate schools). This gives students the opportunity to get a taste of what can be served at the salad bar which can increase their interest as well as help eating habits.

## TO LEARN MORE

Visit our website: <https://www.upliftns.ca>

Email: [UpLift@dal.ca](mailto:UpLift@dal.ca)

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