



Salad Bar Summit a Success

Healthy School Food Maryland's Salad Bar Summit was a huge success with over 70 attendees, including parents, teachers, farmers, students and food service professionals from 5 Maryland counties. The keynote speaker, Rodney Taylor, gave a moving talk that both inspired and educated on how to start salad bars in elementary schools. Having worked in small and medium school districts, Taylor, who is now Director of Food and Nutrition Services in Fairfax County, Virginia, is now excited to try his plan in the 10th largest school district in the country.



In his talk, Taylor emphasized his outrage at the projections for the occurrence of diabetes in the current generation (1 in three children and 2 in 3 Black and Latino children will get it), emphasizing that those are his grandchildren and that food service directors should feed children as if they were their own. He also pointed out the hypocrisy of the emphasis on making sure all children are fed properly during testing week but the apathy towards feeding them

properly the rest of the time.

Of Taylor's suggestions for implementing salad bars successfully, based on his work in the Riverside Unified School District in California, the most important were that the produce coming from Farmers' Markets would be fresher, tastier and more appealing to the eye than traditional options, and the need to stock the salad bar in a way that is visually appealing, including cut up fruits and variety. Little discussion and few questions arose about one of the most common concerns with salad bars, hygiene, as the simple salad bar etiquette sheet provided by Taylor and the staffing by adults of the bar effectively addressed those problems. Other recommendations by Taylor were to provide a display plate of salad to demonstrate how to make a healthy salad with a

Silent Auction Leftovers- Bid online for leftovers of Real Food for Kids - Montgomery's Silent Auction

Real Food for Kids - Montgomery (who organizes the Healthy School Food Maryland coalition) had a silent auction in February, and there are a few items left over for bidding online. See below for bidding instructions.

Pair of tickets to attend [the Montgomery County Strawberry Festival and Spring Fair](#)

These tickets will provide access to the park for an entire day for 2 people from May 16-21 and provide access to 20 carnival rides! Come join the celebration and kick off summer with some fun in the sun.

Value: \$41

Minimum Bid: \$20

Minimum Bid Increase: \$2

Wegman's Gift Card

Value: \$250

Minimum Bid: \$200

Minimum Bid Increase: \$10

Gift certificate for a complete eye exam for glasses (not contact lens fitting)

variety of items and to place the salad bar in the cafeteria, rather than in the serving line.

Regarding costs, grants provided some of the funding for the equipment that Taylor used in previous districts, but day-to-day costs were not greater than with other options, as the smaller portions taken by younger students balanced out the larger portions taken by older students. In elementary schools, salads were sold as part of the set price, free or reduced-priced meals, at times served with proteins and carbohydrates as a full meal and other times as a side salad. But in high schools, presumably due to greater consumption, salads were sold by weight and ultimately were not successful for him (although Fairfax has one functional salad bar, which he is watching). As a result, in Riverside, Taylor had a chef design a line of Panera-style sandwiches and salads to sell to high school students, which he called Fresh Express. Before launching salad bars, Taylor made sure to get the support of his Superintendent in case he did run a deficit.



Full [notes](#) and Taylor's [Power Point Presentation](#) from the Salad Bar Summit are available on the Healthy School Food Maryland web site. See pre-coverage of the event in Bethesda Magazine: [Advocates for Healthier Food in Schools to Gather for First 'Salad Bar Summit' in Rockville](#)

Federal Government Currently Considering Weakening School Food Standards

The Healthy Hunger-free Kids Act of 2010 (which was a reauthorization of the Child Nutrition bill) established healthier standards for school meals, including requiring all grain foods to be whole grain rich (generally meaning at least 50% whole grain), limiting sodium in school foods progressively over the course of 12 years, requiring children take at least one serving of fruit or vegetables at breakfast and lunch, and requiring the foods served a la carte (or on the side of or in addition to the set meal) to meet similar nutrition standards to the meal (called [Smart Snacks in Schools](#)). It also limited the number of times that foods served as part of a meal could be served a la carte (which was meant to limit common kid foods like French fries and pizza).

Takoma Park Vision (Takoma Park)/Uptown Vision (DC)
<http://www.takomavision.com/>

Value: \$180
Minimum bid: \$30
Minimum bid increase: \$10

Send your opening bid and maximum bid (consistent with the bid interval) for any item to lsparace2@gmail.com. For more information please contact lindsey@realfoodforkidsmontgomery.org

Articles and Events of Interest

[Food Frontiers- A Film Premiere and Panel Discussion](#)



Following the film, there will be a panel featuring three people from the film: Rodney Taylor, school food service director; Maritza Owens, farmers' market developer; Allison Karpyn, food system researcher
May 3, 2016 12:00 - 1:30 p.m.
Johns Hopkins Bloomberg School of Public Health
615 N. Wolfe Street
Baltimore, MD 21205-2179

Unfortunately, the U.S. Senate and House of Representatives are currently considering bills for Child Nutrition Reauthorization (CNR) that will significantly weaken those standards.

The current draft of the House CNR bill would:

- Create a loophole in Smart Snacks in Schools rules, allowing foods served anytime as part of a school meal to be served on any day as an a la carte food; translation: pizza and French fries available daily in schools;
- Change the review process on school meal regulations, putting them under the control of school groups rather than health experts; translation: a likelihood that standards will be weakened in the future;
- Allow canned, frozen and dried vegetables to be served as part of the Fresh Fruit and Vegetable Program (a snack program in high poverty schools); and
- Slow and possibly ultimately stop planned reductions in sodium in school food; translation: a movement towards scratch-cooked foods becomes less likely as processed foods become less and less palatable as sodium content diminishes, due to less perceived saltiness the longer food is cooked and sits.

The bill passed out of the Senate Agriculture Committee has already:

- Allowed for the 100% whole grain rich requirement for grain foods to be reduced to 80% of grains served;
- Allowed for the serving of “cultural foods” (white biscuits, white rice, etc.) that don’t meet the regulations;
- Exempted school fundraisers from Smart Snacks in Schools rules; and
- Eliminated the issuance of a rule by the USDA related to transparency and accountability about school food.

Please [contact your Senators and Representatives](#) and ask them to help protect the nutrition standards from the Healthy, Hunger-free Kids Act of 2010 and not weaken them as in the current drafts of CNR. For more information, see: [3 Things to Know About the House's New School Food Bill](#).

[Grow It Eat It Spring Open House](#)

University of Maryland Extension
May 1, 12-4 p.m.
Agricultural History Farm Park
18410 Muncaster Road Derwood, MD
20855

[Sugar Rush App for iPhone](#)

See how many natural and added sugars are in the food that you eat

[Every Kid Healthy Week](#)

May 25-29, 2016

[How Water at Lunchtime Can Help Curb Childhood Obesity](#)

[A Hidden Cost to Giving Kids Their Vegetables](#)

[Healthy Eating Discovery Summer Camp at University of Maryland](#)

[Recording of Hosting a Health & Wellness Fair Webinar](#)

[In NY State, A Proposed Win for Local Farmers and School Kids](#)

[The 5th Annual Food Revolution Summit](#)

Register to listen online for free.
April 30- May 8, 2016

[The Case Against Low-fat Milk Is Stronger Than Ever](#)

[Fresh Food Choices in Fairfax County Public Schools](#)

Mission: Healthy School Food Maryland is a coalition of organizations and individuals in Maryland working for whole, real, local and safe foods for children in Maryland school cafeterias.

Phone: (301) 202-4812

Email: info@healthyschoolfoodmd.org

Website: healthyschoolfoodmd.org

