

# Riverside Unified School District Farmers' Market Salad Bar

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## Putting the WOW into school lunches



## Riverside Unified School District (RUSD) makes offering fresh, local produce to public school children easy and affordable!

Since 2005, RUSD has expanded its Farmers' Market Salad Bar to 29 of the districts elementary schools, using a revenue-neutral approach.

This comprehensive program helps school children develop eating habits to last a lifetime. It changes the school food environment by increasing local fruit and vegetable access and availability. Individual behavior change is promoted through hands-on education activities, including:

- "Cooking cart" lessons
- Harvest of the Month activities
- Taste tests
- School gardens
- Field trips to farms and farmers' markets
- Farmer visits to classrooms

An added benefit of RUSD's Program is its support of local small farms !

## The Essentials

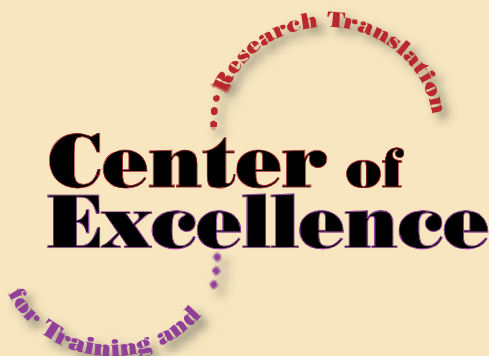
- Create support for the program
- Find and recruit local farmers
- Train school foodservice staff
- Host promotional activities
- Monitor the children at the salad bar
- Educate students on nutrition and local food
- Work to keep the program cost-neutral

## The Evidence

Thousands of students in a district where the majority are eligible for free/reduced lunch now have access to farm-fresh produce through the Farmers' Market Salad Bar. Evaluation research has shown that students who choose the salad bar eat more servings of fruits and vegetables than students who choose the hot bar.

## RUSD Farmers' Market Salad Bar Materials are available at [www.center-trt.org](http://www.center-trt.org).

- **Template**– presents essential information about the program
- **Materials**– items for implementation



The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at [www.center-trt.org](http://www.center-trt.org)

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