



# EAT THE RAINBOW: SALAD BAR BEST PRACTICES CHECKLIST

Date \_\_\_\_\_ School Name \_\_\_\_\_ Completed by \_\_\_\_\_

This checklist is designed to determine if your salad bar is meeting smart menu planning and customer service best practice standards. It can be used as a training or goal setting tool for your lunch program.

## INSTRUCTIONS

1. Review the entire checklist before beginning.
2. Have your salad bar menu and production records handy for reference.
3. Check off the statements that you meet. The asterisked \* items may only occur weekly, monthly or yearly.
4. Tally the score.
5. Discuss the results with your staff, students and other partners.
6. Choose any unchecked strategies as possible enhancements for the salad bar.
7. Complete the Eat the Rainbow Action Plan.

## APPEALING SIGNAGE

- Upon entering the cafeteria, the customer is drawn to the salad bar by signage.
- The signage conveys the choices offered.
- The signage conveys how a student can make a complete meal from the salad bar.
- Is soup offered with the salad bar?    Yes    No
- A menu board with today's or tomorrow's featured salad bar offerings is posted at least 5 feet away when approaching the service area.
- At least one item is identified as the featured item of the day and labeled with a creative, descriptive name.

**Signage Subtotal \_\_\_\_\_ of 6**

## VARY THE VEGETABLE

- The salad bar is colorful and eye appealing with at least 4 different colors of vegetables offered.
- Serving dishes/pans are contrasting colors to make the fruits, vegetables and items stand out.
- One or more offerings contain a legume, dried bean or pea.
- The salad bar offers two or more dark green vegetables.
- The salad bar offers two or more red/orange vegetables.

**Vary the Vegetable Subtotal \_\_\_\_\_ of 5**

## FLUCTUATE THE FRUIT

- Fruit is offered in at least two locations on the salad bar.
- One or more fresh fruit choice is offered.
- Sliced or cut fruit is offered.
- At least one fruit, vegetable, or item offered is locally or regionally grown or produced.
- A share table is available for uneaten, whole, fresh fruit.
- Students are allowed to take whole, fresh fruit out of the cafeteria when the meal period ends.

**Fluctuate Fruit Subtotal \_\_\_\_\_ of 6**

(over)

## ENGAGING STUDENTS

- Students are engaged in growing foods for the salad bar.
- Self-serve salad bar tongs, scoops, and containers are larger for vegetables and smaller for croutons, dressing, and non-produce items.
- The salad bar is easily accessible from both sides and/or is located in a high traffic area.
- A student can make a reimbursable meal from the salad bar.
- Two or three salad dressing choices are available.
- Self-serve spices and seasonings are available for students to add flavor to their salad.

- Students are involved in helping to promote the salad bar.

List way(s) that this occurs: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Engaging Students Subtotal \_\_\_\_\_ of 7

## DAILY, WEEKLY, MONTHLY, YEARLY BEST PRACTICES

- The salad bar is restocked and made presentable between lunch periods.
- The salad bar is featured on the monthly menu.
- Soup is offered with the salad bar at least once a week.
- Lentil, legume, dried bean or pea offerings vary throughout the week. (At least 3 different recipes or items.)
- A monthly or yearly salad bar promotion occurs.
- A "new salad bar item" taste test is offered at least once a year.

Best Practices Subtotal \_\_\_\_\_ of 6

## EAT THE RAINBOW BEST PRACTICES CHECKLIST

Appealing Signage \_\_\_\_\_ of 6

Vary the Vegetables \_\_\_\_\_ of 5

Fluctuate the Fruit \_\_\_\_\_ of 6

Engaging Students \_\_\_\_\_ of 7

Best Practices \_\_\_\_\_ of 6

Scorecard Total \_\_\_\_\_ of 30

## AWARD LEVEL

	SCORE
Colorful Bar Buddy	10-15
Salad Bar Super Star	15-21
Pot of Gold Winner	22-30



## EAT THE RAINBOW ACTION PLAN

Put a simple plan in place to try 1-2 strategies to enhance your salad bar.

Strategies \_\_\_\_\_

\_\_\_\_\_

Timeline \_\_\_\_\_

\_\_\_\_\_

Staff member(s) \_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

**Acknowledgements:** This resource was developed using the Smarter Lunchrooms Scorecard, Cornell University. [www.smarterlunchrooms.org](http://www.smarterlunchrooms.org)