

## Eat Well and Live Well

Since its launch in 2016, the *Farm to School Canada Digs In!* initiative has enabled more than 55,000 students in 91 schools in 5 provinces an opportunity to grow, prepare, and eat healthy, local, sustainable foods at a school salad bar.

Based on preliminary feedback and evaluation, this initiative is intended to demonstrate how Farm to School aligns with the new Canada's Food Guide recommendations.

### Eat a variety of healthy foods each day

Farm to School salad bars are a self-serve lunch option that allow students to fill their plates with a variety of fresh, local foods of their choosing. The salad bar is intended to provide a full meal to students who participate.

*"I love coming to school when it is a salad bar day. Salad is the most underrated food out there! I had no idea how good it could be until I started eating it once a week."*

- Student

#### Have plenty of vegetables and fruits

Each salad bar offers at least 3 fresh vegetable and fruit options to choose from.

Students who ate at their farm to school salad bar consumed 34% more fruits and vegetables than students who did not eat at their school salad bar service.



#### Eat protein foods

Each salad bar service offers at least one protein option.

*"I have never tried a chickpea before... they're great!"*

- Student

#### Choose whole grain foods

Each salad bar offers at least one whole grain option.

Discover more about Farm to School at

[farmtocafeteriacanada.ca](http://farmtocafeteriacanada.ca)



Farm to School is about more than what students eat for lunch...



Ecole Robb Road, BC

## Be mindful of your eating habits

"Children whose plates were initially limited in their selection, are increasingly getting more colourful." - Teacher



Skaadigaa Naay Elementary, BC, Sien Naljeweg

Heleen Betty Osborne IERC, MB, Trish Meekins

## Cook more often

Food literacy is a pillar of the Farm to School Salad Bar model. 77% of schools indicated students are engaged in cooking and preserving at school. 80% are involved in growing in a school or community garden.

Garden too!



Wauwaxy Elementary, BC, Trista Yuan

## Enjoy your food

"I really love the salad bar! Because it is giving me protein and strength and it keeps us healthy and our school is really lucky for salad bar and every time I eat from the salad bar it makes me super happy. I am so thankful for the salad bar." - Grade 4 student



Ecole Robb Road, BC

## Eat meals with others

"...students eating meals together brings a sense of community and equality that benefits student relationships to each other and to the greater school community..." - Teacher



Hubbard Elementary, BC

## Limit foods high in sodium, sugars or saturated fat

98% of schools reported foods served in the salad bar are minimally processed or packaged and as fresh as possible. Students who ate at the salad bar consumed 16% less sodium, and 18% less sugar than students who did not eat at the salad bar.