

# Volunteering at Your Salad Bar!

FCPS Food and Nutrition Services is grateful for your support of the Real Food for Kids Salad Bar and your willingness to dedicate time to helping elementary schools have a smooth opening!

We've found that it's most helpful to station a volunteer at the front of the salad bar to help with trays and one at the back to help with salad dressing and directing students into the serving line. Here are some tips to help students at these two stations:

## At the front:

- Remind students to get sanitizer (a few classes may sanitize before coming into the cafeteria, and some students may be allergic – that's fine, they can proceed to the trays).
- Help separate trays (they can be pretty tough to pull apart) and monitor the tray pick-up – we try to encourage students to wait until they're actually even with the trays to take a tray. If we start passing the trays too far back in the line, they become fans, tools for hitting other students, etc. Not to mention they don't stay very sanitary when students rub them on their clothes, their hair, etc.
- Engage with students – you can tell them what's on the salad bar, ask them about their favorite fruits and vegetables, etc. You can tell them what their hot entrée choice is and remind them not to take too much salad bar protein and to leave the big rectangle on their tray if they plan to take the hot entrée.
- Remind students to give one another space and wait for the person ahead of them to move forward before they try to put their tray down/reach for the tongs/etc. They're excited and tend to crowd each other a bit, you can tell them to wait or to take a couple steps back when needed.

## At the back:

- Ask students if they want salad dressing if they don't notice it, then direct them inside and make sure they don't go sit down without going through the inside serving line. They can still get a hot entrée inside or a grain to go with their salad, plus their milk.

If there are already volunteers helping at the front and back of the line, please feel free to go around the cafeteria and chat with students who are eating. They typically love it when adults sit down with them and take an interest in what they're doing. You can ask them what they like, what items they might like to see on the salad bar and even collect good quotes we can use in future salad bar materials!

**Thanks again for your help; we really appreciate you!**

