



## Optimizing Salad Bars with Local Foods

**Purpose:** To assist school in increasing use of locally produced foods on salad bars.

**Why:** The Farm to School Procurement committee determined that the first project for increasing local food use is to focus on salad bars. This chosen was because: did not need as much quantity, and there was more flexibility with fruit and vegetable choices in regards to quantity needed and USDA requirements on the actual menu plans.

**The five focus crops are lettuce, cherry tomatoes, cucumbers, peppers, and apples. These crops are available in:** August, September, and October. Lettuce can be purchased from hydroponic operations year round.

### Funding for Salad Bars is Easy

- Let's Move Salad - <http://www.saladbars2schools.org/>
- Dairy Council Optimization Grant – contact Michelle Plummer at [plummer@winnersdrinkmilk.org](mailto:plummer@winnersdrinkmilk.org) for more information

### Menu Planning is Simple

- Determining Pounds for Purchase - <http://fbg.nfsmi.org/>
- Food safety:
  - Produce Safety Fact Sheets – <http://www.nfsmi.org/ResourceOverview.aspx?ID=437>
    - Lettuce Fact Sheet - <http://www.nfsmi.org/documentlibraryfiles/PDF/20110822024928.pdf>
    - Apple Fact Sheet - <http://www.nfsmi.org/documentlibraryfiles/PDF/20110822024257.pdf>
    - Tomato Fact Sheet – <http://www.nfsmi.org/documentlibraryfiles/PDF/20110822025331.pdf>
  - Salad Bars - <http://www.doe.in.gov/sites/default/files/nutrition/schoolsaladbarsafety.doc>
  - Standard Operating Procedure for Washing Fruits and Vegetables, Washing Hands, Cleaning and Sanitizing Food Contact Surfaces - <http://sop.nfsmi.org/HACCPBasedSOPs.php>
- Increased labor hours are minimized with these five focus crops with the exception of lettuce. For more information on the processing of lettuce, please contact Ellen Nylen at [enlyen@smcsc.com](mailto:enlyen@smcsc.com) or 765-778-2152 ext. 1023.
- Preparation and Handling in Schools
  - Cucumbers - <https://www.youtube.com/watch?v=acy13utKLhQ>
  - Lettuce - <https://www.youtube.com/watch?v=qx2mINTingA>
  - Apples - <https://www.youtube.com/watch?v=XHV3VpHk2pA>

### Where Local Produce is Available

- Hoosier Harvest Market - <http://hoosierharvestmarket.com/> (Michael Morrow -317-800-0831, [info@hoosierharvestmarket.com](mailto:info@hoosierharvestmarket.com), and [www.hoosierharvestmarket.com](http://www.hoosierharvestmarket.com))
- This Old Farm - <https://thisoldfarm.com/> (Jessica Smith – 765-324-2161, [orders@thisoldfarm.com](mailto:orders@thisoldfarm.com), and [Jessica@thisoldfarm.com](mailto:Jessica@thisoldfarm.com))
- Piazza Produce - <http://www.piazzaproduce.com/> (Rachel Miller – 317-646-4673 and [rmiller@piazzaproduce.com](mailto:rmiller@piazzaproduce.com))

- Local farmers – <https://www.google.com/maps/d/edit?mid=zdc4dFAtbbn8.kkyDIB1aB-Yg&usp=sharing> (make sure farmers are registered with the Indiana Department of Health - <http://www.in.gov/isdh/25773.htm>)

### **Procuring of Local Foods is Easy**

- Micro purchase, informal bidding, and formal bidding - <http://www.doe.in.gov/nutrition/purchasingprocuring-food>
- Questions? Contact Tina Herzog at [cherzog@doe.in.gov](mailto:cherzog@doe.in.gov) or 317-232-0872 or Sarah Kenworthy at [skenworthy@doe.in.gov](mailto:skenworthy@doe.in.gov) or 317-232-0857

### **Minimal Equipment Needed to Process Product**

- 6" or 8" Chef Knives - <https://www.youtube.com/watch?v=kjebKYUwXN8>
  - 6" for general cutting (peppers, oranges, onions, apples, cucumbers)
  - 8" for larger items like melons
- Cutting Board - <https://www.youtube.com/watch?v=kjebKYUwXN8>
- Sectionizer/Dicers/Cutters Options:
  - Sunkist Sectionizer - <http://www.chefcyndie.com/video.php> (Cost around \$300)
  - The Anliker is an automated, higher-volume version of the Sunkist Sectionizer - <http://www.brunner-anliker.com/en/food-processing/vegetable-cutting-machines/gsm-5/> (Expensive)
  - Manual cutters/dicers available for dicing or slicing tomatoes, onions, potatoes, etc. - [http://www.zesco.com/search.cfm?search\\_term=Dicers](http://www.zesco.com/search.cfm?search_term=Dicers) (Inexpensive)
- Colander
- For heavy lettuce processing (washing and drying), a spin dryer is really helpful. They range from tabletop, manual dryers, to large automated floor models - <http://www.zesco.com/Dynamic-SD92-Salad-Dryer-Lettuce-Spinners-with-Stand-pz523D001.htm> and <http://www.zesco.com/ELECTROLUX-DITO-VP-3-601560-Salad-Lettuce-Spinner-Dryer-pz184D069.htm> (Inexpensive to expensive)

Not ready to utilize salad bars yet? Use these five focus crops in prepackaged salads and/or on serving lines to increase local foods.

**Local is easy, and students will love it!**