

How to Use Your Salad Bar

Hints & Tips

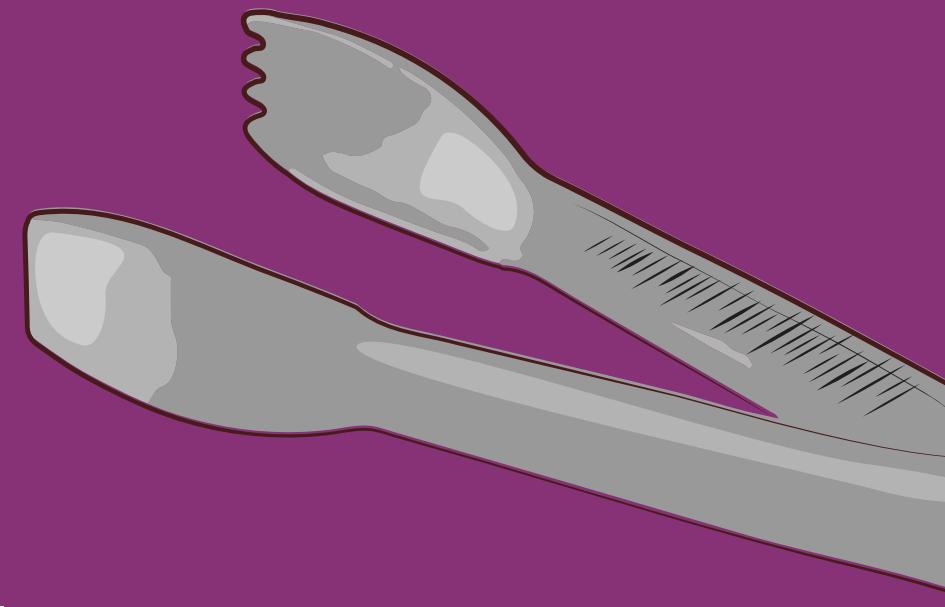


Take what you want,
eat what you take.



1/2 Cup

Take at least $\frac{1}{2}$ cup
of fruits & vegetables.



Always use
serving utensils.



Set your tray down
when serving yourself.



Mix & match to build
a complete meal.



It's good to try
new things!



Salad Bars
To Schools

List your tips here
