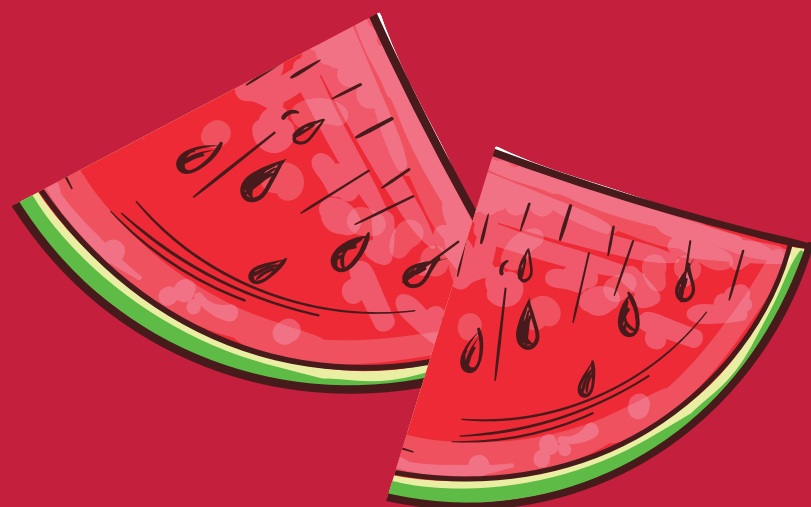


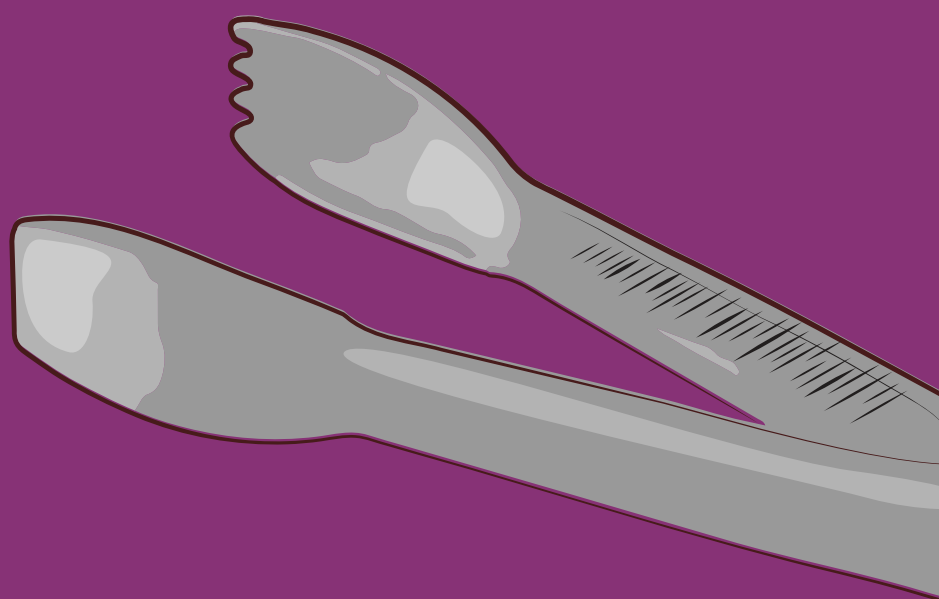
How to Use Your

# Salad Bar

Hints  
& Tips



Take what you want,  
eat what you take.



Always use  
serving utensils.



It's good to try  
new things!



1/2 Cup

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



Set your tray down  
when serving yourself.



Mix & match to build  
a complete meal.



Salad Bars  
To Schools

List your tips here

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