

# HARVEST BAR OVERVIEW

Congratulations on starting the Harvest Bar at your school. The bar gives students better access to fresh fruits and vegetables that are locally grown. It also improves their overall intake of produce, which is healthy for their growing bodies. Thank you for making this possible at your school. Please follow the tips below for a successful Harvest Bar:

1. Please order items for the Harvest Bar using the menu plan in CMS.
2. Offer at least 3 different fruits and 3 different vegetable options daily. Order a variety to keep your stand new and fresh. Refer to the monthly *Harvest Bar Options...and Guidelines* posted on the Food Service website, under Training & Resources.
3. Please follow the guidelines below to make sure the bar meets the meal pattern vegetable requirements and Café LA Harvest schedule:
4. **Vegetables:**
  - A. Fresh – Offer Daily, 2 to 3 per day
  - B. Dark Green Romaine – Offer daily
  - C. Red/Orange – Offer 3x/week
  - D. Beans/Peas – Offer 2x/week
  - E. Juice/Slush – Offer no more than 2x/week
  - F. Any Vegetable from Dark Green, Red/Orange, Beans/Peas, Other, or Starch categories Offer 3x/week
5. **Fruit:**
  - A. Fresh – Offer Daily, 2 to 3 per day
  - B. Café LA Harvest – Offer 1x/week on Thursdays
  - C. Juice/Slush – Offer no more than 2x/week
  - D. Cup/Pop – Offer no more than 3x/week
6. **No more than one juice/slush item**, vegetable or fruit, may be offered on the bar each day.
7. Order condiments and supplies listed at the bottom of the *Harvest Bar Guidelines*.
8. Your harvest bar supplies include full long bins (larger and fit more produce) and half long bins (two of these are the size of one full bin). Depending on the combination of these two sizes of bins used in the bar, place 6 to 8 bins filled with different options in the bar.
9. One of the slots on the bar can be used for an “extra” item like croutons.
10. Remind students to “choose what you want, and eat what you choose.”
  - A. Students must take ½ cup of fruit **OR** ½ cup of vegetable.
  - B. A combination of vegetables can make up the ½ cup portion. For example, if the student takes ¼ cup romaine and ¼ cup cucumber, this meets the ½ cup vegetable requirement.
  - C. Most whole fruits (apple, orange, banana, etc.) count for a ½ cup portion. If a student takes at least one fruit, no additional fruit is needed.