

Salad bar soon to hit Quamichan school menu

Lexi Bainas

The Citizen

Wednesday, June 02, 2010

Kids will soon be able to choose from a full-service salad bar when they head for lunch at Quamichan Middle School.

The school has been chosen to pilot the "Farm to School" salad bar program hosted and partially funded by the Cowichan Green Community, according to school officials.

This concept has been operating on the Mainland and in the U.S. for years but it is new to our community, according to a newsletter sent to parents on May 27.

While public health funding that used to provide backing to such programs has dried up, the school is hoping it can implement this program with less money and still make it sustainable.

The school has interested local farmers, the school board, teachers, and parents and was looking last week for the help of the school community to ensure the success of Farm to School.

The idea is to educate the public about how lack of nutrition is affecting the health of our children, how this and a decline in the number of local farmers is affecting everyone's ability to be sustainable.

Quamichan Principal, Charlie Coleman, said Tuesday that he's excited about the way the pilot project will work with local farm producers to provide fresh, local, organic in-season produce.

It will dovetail neatly with efforts already happening at the school, he said.



CREDIT: Lexi Bainas, file

Salad greens, when in season, will be on the menu at Quamichan thanks to a new 'Farm to School' program they are piloting.

"We already offer a free breakfast program and free lunches as necessary. We also have a school store that has been cutting edge as far as the BC Healthy Food Guidelines.

"Also, our leadership kids and some of our other classes have been doing some service learning projects over at the Warmland House in their greenhouse and garden. This pilot project was kind of a natural fit. We're really trying to increase the nutritional content in our kids' diets," he said.

Plans are going ahead to start later this month.

A commercial grade salad bar will be set up out in the hallway in front of the Quamichan school store and it'll stocked with whatever is fresh and in-season, according to Coleman.

© Cowichan Valley Citizen 2010

CLOSE WINDOW

Copyright © 2010 CanWest Interactive, a division of CanWest MediaWorks Publications, Inc.. All rights reserved.

CanWest Interactive, a division of CanWest MediaWorks Publications, Inc.. All rights reserved.