

ISFELD GOES GREEN WITH LUNCHTIME SALAD BAR

Mark R. Isfeld Secondary Will Increase Healthy Lunch Options With The Valley's First High School Salad Bar

In the new year Mark R Isfeld will be the first secondary school in the Comox Valley to offer students a salad bar program for lunch. The upcoming once-a-week Salad Bar will feature a wide selection of vegetables to boost nutritious choices for students. For \$4.00 students and staff will be able to fill a heaping plate full of fresh veggies, 2 proteins, and a starch or carb. There will also be theme days built around different cultures like Mexican and Asian salads. Ingredients for the Salad Bar will be organic when available and locally-sourced from Comox Valley farms.

Following a soft launch on January 31st for teachers and administrative staff, the Isfeld Salad Bar will officially launch on **Thursday February 14, 2019** for all students and continue every Thursday. The Salad Bar will be offered at the low **cost of \$4** for a large, plate of fresh local food. Advance ordering will be available through a simple online system. Staff and students can begin registering on January 8th.

The Salad Bar's volunteer parents are also looking for more volunteers to help prepare and support the program. If you are interested, please email Ms. Lauren Lan Ian_lauren@yahoo.ca or contact the main office at Mark Isfeld (250 334-2824.)

Thanks to the generous donations from the Rotary Club of Comox, Farm to School Canada/Farm to Cafeteria Canada and the Comox Valley Community Foundation.