

September 27, 2018

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

Thanks to generous grants from the Rotary Club of Comox and Farm 2 School Canada, Mark Isfeld Secondary will become the first high school in the Comox Valley to have its own Salad Bar program.

The upcoming once-a-week Salad Bar will feature a wide selection of fresh fruits and vegetables to boost nutritious choices for students. Theme days built around Mexican, Asian and other cultures will also be scheduled. Ingredients for the Salad Bar will be organic when available and locally-sourced from Comox Valley farms.

Principal Sean Lamoureux said "The Salad Bar at Mark R. Isfeld supports BC's healthy schools Initiative and is a great opportunity to strengthen educational partnerships between our teachers, students, parents and the community."

Following a soft launch in January for teachers and administrative staff, the Isfeld Salad Bar will officially launch on **Thursday February 7, 2019** for all students and continue every Thursday. The Salad Bar will be offered at the low **cost of \$3** for a large, heaping plate of fresh local food. Advance ordering will be available through a simple online system.

The Isfeld Salad Bar program will follow along the same lines as the programs at Ecole Robb Road, Huband Elementary, and Lake Trail, with adjustments for high school students who have larger appetites and more diverse tastes.

According to Lauren Lan who spearheaded the program, "We wanted to give Isfeld's students a hearty, healthy lunch option. Many of the students at Isfeld are coming from local elementary schools that have established excellent Salad Bar programs, and are coming to high school looking for something similar."

The Isfeld Salad Bar will be staffed by student volunteers and parent volunteers with supervision from supporting teachers.

Many volunteers are required to ensure the success of this great program. Please contact **Lauren Lan** (lan_lauren@yahoo.ca) if you can help, even in a very limited way.

