

NAC Meeting Minutes November 14th- 30th, 2017

Minutes are in blue.

Menu suggestions to Nac members from students: No Mashed Sweet Potatoes, No Mac & Cheese, More Grilled Cheese, More Chickenwiches. These changes are starting with the January & February Menus.

Students were asking about being able to take two juice at breakfast instead of a juice & a fruit. I submitted the question to the State before bringing it to the NAC. Unfortunately this is not an option because it would be “offering” more than 50% juice. Here’s their response:

“Good Morning Jerry –

This is a reasonable question and I can see what you are saying in regards to “offering” not selections.

However, if you allow the students to select two juices and 50% of the students did select two juices, your production records would then reflect that you planned (offered) 75% juice and 25% fruit – thus you would be offering more juice than fruit.

So the answer is no. Offering = Planned and if you were to plan for more juice consumption you would exceed the 50% requirement.

One way to offer two juices would be to only menu juice two days out of the week, and then only fruits (no juice) on three days.

Let me know if I have completely answered your question or if you would like more support.

Sincerely,

Lisa

Lisa Jekel, BS, SNS"

We went through the Smarter Meal Times assessment. Changes made are: A-Z Food Posters Posted in Cafeteria Hall. Bonus Fruit Bowl and signage for bonus fruit was added.

Next meeting: April 9th - 30th. Please let me know if you have anything for the agenda and if there are more people who want to join.

- Jerry

jcarlson@onysd.wednet.edu

Chocolate Milk moves to Fridays only

Research says "Sugar is a contributor to the health problems that are harming our kids" - [The Hard Facts about Flavored Milk](#). Drinking chocolate milk daily, for a school year, can add an extra 5 lbs to a child's weight. [The Unhealthy Side of Chocolate Milk](#). Cutting out added sugar is a healthy choice.

NAC members voted (6 for/ 2 opposed) to change chocolate milk from a daily choice to a once a week choice. In the first 12 weeks of school this has saved the kids 1,537.5 cups or 768.75 pounds of added sugar. That's over 15 - 50 lb sacks of sugar.

Congratulations to Ony Students and staff for making a great health improvement!

Soy Milk Choice added

Following a Statewide recommendation from OSPI, Soy Milk was added as a Milk choice. Only approved soy milk meeting the nutritional requirements may be offered. Positive comments have been received from the parents and children who are allergic to milk. This eliminates the need of a Diet Prescription Plan for these children.

Whole Grain Rich Waiver

The waiver for exemption from the whole grain rich requirement for our pizza was extended, to the 17-18 school year. All of the other grain items on our menus continue to be whole grain rich. Pizza day has returned to one of the top participation days. We still utilize USDA Foods to make our dough, sauce and pizza from scratch. This allows us to control the fat & sodium contents as well as make a superior product. We are the only school in the State that does not use pre-made frozen pizza.

Smarter Mealtimes Movement

In October, Child Nutrition Director Jerry Carlson attended The Smarter Mealtimes Movement training. Last year we had a smarter lunch times assessment by Ellen Kim Cho, Lewis County Health Educator. There is an assessment with the Smarter Mealtimes that will be scheduled to be completed. Is there anyone who would like to help with this assessment?

The Nutrition Advisory Council is open to all who want to participate. Please let Jerry Carlson know if you are interested.

The invitation to participate in the meeting was: sent to NAC Members, posted on the Food Service Web Page & on the Food Service FaceBook.

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Nutrition Advisory Council Meeting

The Nutrition Advisory Council Meeting is now open November 14th - 30th. If you would like to participate in our online meeting please send an email to:

jcarlson@onysd.wednet.edu

[Jerry Carlson](#)

[13 mins](#) ·

Nutrition Advisory Council Online Meeting is now open. For more info:



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