

NAC Meeting 11.13.17

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 the 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 a 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.