

April 29th, 2011
Nutrition Advisory Council Meeting Minutes
Elementary Music Room 1:00

Meeting started at 1:04.

We talked about a brief history of the changes N.A.C. has been responsible for to give attendees an idea of the councils' focus. *"N.A.C. is responsible for helping the School Food Service with positive changes and healthy meal choices."*

New Business:

Chocolate Milk vs. White Milk. Jamie Oliver's TV show has questioned offering flavored milk in schools. He makes the comment that flavored milk has more sugar than soda pop. We found most soda pop has 25 grams of sugar, per 8 oz, milk has 12 grams and flavored milk has 24 grams. Oliver's comment was not fair - flavored milk has 12 grams of added sugar while pop has 25. Handouts were distributed on the research on keeping flavored milk in schools. The American Dietetic Association, American Academy of Pediatrics and the School Nutrition Association all, have studied and, support keeping the choice of flavored milk in schools. Summary: Drinking flavored milk is positively associated with nutrient intake and is not associated with adverse effects on weight status in U.S. children and adolescents.

Healthy, Hunger Free Kids Act of 2010. Talked about the Equity in school lunch pricing. The average selling price for a paid lunch must be equal to or more than the total federal reimbursement for free lunch minus the total federal reimbursement for paid lunch. Federal reimbursement for free lunch is \$2.74. Federal reimbursement for paid lunch is \$0.28. $\$2.74 - \$0.28 = \$2.46$. At the minimum we would have to increase our elementary by \$0.46 and middle school by \$0.21 to comply. We are waiting for

directions from the State on this.

Nutritional changes with the Act of 2010 are coming too. People thought the added ½ cup to 1 ¼ cup more vegetables & fruits sounded like a lot and would have a monetary impact on the budget. Adding the weekly requirements for dark green & orange vegetable and legumes will have a good nutritional impact. We've already added the legumes and dark green. Concerns about the limit on starchy vegetables was mentioned. Although we already try to limit fries & tots to not more than once a week we wondered how this would work with mashed potatoes and corn. Glen mentioned maybe sweet potato fries would work as an orange vegetable and not count as a starch. Good suggestion.

Nutrition changes (from the Act) also mentioned: adding more protein & whole grains, restricted to 0 grams of trans fat, decreasing limits for sodium & cholesterol and the increasing of the nutritional audits (on the school by the State) to every 3 years. It was mentioned that the school is already doing a great job with the whole wheat buns and breads. There is still a lot of whole wheat hoagie buns being thrown away by the students. The school switched to trans fat free margarine when the studies originally came out even though the price was 3 times higher. The last nutritional audit took over 500 pages of documentation and a lot of hours to prepare for.

An application for the Fresh Fruit & Vegetable Grant was turned in. Glen talked about what a difference it made in reducing discipline accounts. Everybody thought it was a very valuable program for filling the gap between lunch and getting home.

Raw Chickens coming. The Food Services Director was able to get the State to not process 100,000 pounds of chickens. Instead of being turned into chicken nuggets or patties they will be sent to 5 different schools. Onalaska will use theirs to replace some of the chicken nugget days with BBQ'd or baked chicken. One parent had voiced their concern on not replacing all chicken nugget days as they are one of the kids favorites.

Summer Food Program. Free Food for All Kids is being served in the Onalaska Elementary Dining Hall again this summer. The schedule will coincide with the other programs, for kids, going on at the school this summer. Jump Start for Kids is already scheduled to run July 11th through the 29th, Monday through Friday. Other programs that may run this summer are: Driver's Ed, HS Credit Retrieval, Middle School Program, Cheer Leading Camp, Basketball Camp, Volleyball Camp, Weight training and Drama Camp.

Cooking classes was mentioned and a conversation about education of basic living skills.

Meeting ended at 2:00.