

Nutrition Advisor Council (NAC) Meeting
10/9-17/2014 (via email)

Here is the Agenda/meeting (please comment & ask questions):

- Changes in the District to meet the Smart Snacks in Schools Regulation.
The HS a la carte/lunchroom concessions has changed drastically. We pretty much had to strip everything that was sold and start over from scratch. For a product to be sold, on campus, it must pass the "Smart Snacks Calculator" at: <http://rdp.healthiergeneration.org/calc/calculator/>

Here are the Items that we removed: XXL Cookies, Cookie Dough, Chips, Gushers, Fruit Snacks, Fruit Roll Ups, Large Flavored Milk, Gatorade, Box Pizza, Rice Krispie Treats, Pretzel w/ Cheese, Cheese Sauce and Jerky.

Here are the Replacement Items: Apple Chips, Sunflower Seeds, Baked Whole Grain Chips, 100% Fruit Snacks, Fresh Fruit, Low sugar Whole Grain Cereal, Regular size Flavored & Plain Milk, 100% Juice, Low calorie Flavored Water, G2 Gatorade, Whole Grain Plate Pizza, Whole Grain Rice Krispie Treats and Low sodium Jerky.

- Changes in the National School Breakfast & Lunch Program (this year).
All Grain Items must be Whole Grain Rich. I special ordered a pallet of Whole Grain White Wheat to use for our biscuits, rolls and pizza. Whole Grain White Wheat is lighter (in flavor & color) than the standard marketed Whole Grain Red Wheat.

Breakfast, 1/2 cup Fruit requirement moved to 1 full cup of fruit.

We are also working on reducing the sodium in our meals as required. The regulations on sodium reduction gradually increase through the years of 2023.

- Clarification of OSPI's Zero Special Events (outside of Smart Snacks Regs) requested by staff. I'm attaching the document related to this reg. If the State does not set a policy zero are allowed. I could not find documents from the State saying what their policy is on this so I am waiting for a reply. Here's my correspondence with the State:

Hi Lisa,
I thought I remembered seeing something saying the State was not allowing any Special Fund Raisers (exempt from Smart Snacks) during the School Day. I can not find it. Can you verify that is correct or direct me to the document?

- Jerry

States Response:

"That is correct Jerry. No exemptions."

Lisa Jekel
OSPI Child Nutrition

- School Garden.

Jeanne Ryan organized the building of the school garden. She also planted the school garden with vegetables for the school food service. We are using the Nasturtiums for "Try it Thursday" and Cucumbers on the Salad Bar and Pumpkins for Pumpkin Bars. She is hoping the Master Gardeners will be able to utilize it with their Students in the Garden program. There is also an interest by some HS students in composting/gardening.

Please send Comments, Questions & Additions to our Meeting to All.

- Jerry

Jerry Carlson
Food Services Director
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