

NAC Meeting 5.4.17

Minutes are in blue.

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

16 - 17 School year activities review

- Whole Grain Rich exemption on pizza. The student body requested that we apply for an exemption on the whole grain rich requirement for our pizza. OSPI granted the exemption based on the proof of the severely declined participation. Pizza day is back up to one of the favorites.
- Smart Snack Standards Flyer was emailed out to the district at the beginning of the School year. This was to remind district of the requirements.
- Media Smart curriculum & Nutrition to Grow On courses are being provided to OEMS students by Ellen Kim Cho, Lewis County Health Educator, for the 16-17 school year.
- The Daily Scoop Nutrition Education messages are being provided each morning with the PA announcements.
- In November we had Purple Cauliflower for Try it Tuesday.
- In December we had a Smarter Lunchroom assessment. Changes were made to encourage kids to make healthier choices. A bonus fruit bowl was added. Milk was arranged so the kids had to reach over white milk to get chocolate.
- In February a contest was held to name the new BBQ Pulled Pork Sandwich & the Sriracha Pork Burrito (Piggy Pull Sandwich & Porkrito Burrito respectively).
- In May Screen-Free Week was celebrated.
- In May Muffins for Moms will be celebrated.
- In June Donuts for Dads will be celebrated.
- School BBQ will be June 14th.

Action Items:

- Change Chocolate Milk Availability from daily to once weekly. In a time where cancer is becoming more prevalent and sugar is a known cancer feeder there is concern of providing daily added sugar in milk. The Nutrition Advisory Council voted

Ellen Kim Cho (Lewis County Health Educator) supplied members with a copies of the Cornell University Study on banning chocolate milk and also the Move more white milk merchandising strategies (included here at the bottom of the page).

Ms. Petrino is already incorporating some of the marketing strategies. She recommends white milk as her favorite milk choice.

We received 8 votes on the milk for next school year; 6 were for offering chocolate milk 1 time per week and 2 for offering chocolate milk daily.

Chocolate milk will be offered on Fridays next school year.

Our online meeting will be the week of November 13th, 2017. Please have anyone interested in joining send me an email (jcarlson@onysd.wednet.edu).

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

“Move more white milk” is an evidence-based strategy developed by Cornell University (below). Also, there are some surprising consequences to banning chocolate milk:

<http://foodpsychology.cornell.edu/discoveries/surprising-consequences-banning-chocolate-milk>

MOVE MORE WHITE MILK

Milk contains important nutrients for growing kids. Both white and flavored milk are good options available at school. Some communities express concern about the sugar in flavored milk. Rather than taking away flavored milk, the Smarter Lunchrooms Movement believes in preserving freedom of choice and recommends adjusting the way milk is displayed in order to nudge more students to select white milk. Make sure white milk is available in all coolers and is promoted with signs.

Milk cases/coolers are kept full throughout meal service.

Fully-stocked displays make milk easier to find and pick up, especially for shorter students. As the lunch period progresses, keep an eye on the coolers and refill when it appears that levels are getting low.

White milk is offered in all beverage coolers.

White milk in every cooler increases the likelihood that students will see it, take it, and drink it! Prominently featuring white milk in every location promotes it as the normal, default beverage of choice. Friendly reminder: add white milk to the juice and water beverage coolers.

White milk is organized and represents at least 1/3 of all milk in each designated milk cooler.

Think strength in numbers! The most highly represented choice sends the message that it is also the most normal choice, so make sure white milk represents at least 1/3 of all milk in each beverage cooler. An organized display is neater and more calming. Take care when loading the crates or cartons.

White milk is displayed in front of other beverages in all coolers.

When it comes to food selection, students usually opt for what they see first. If white milk is more visible and convenient than other beverages, students will take it! Place milk in the front or most easily-accessible section of every beverage cooler.

1% or non-fat white milk is identified as the featured milk and is labeled with a creative, descriptive name.

Using a creative, descriptive name raises taste expectations and students' interest in white milk. Use fun, catchy names or appealing nutritional information ("Contains Calcium for strong bones!") and post labels (with pictures for developing readers) on coolers. Try these fun labels for milk: Ice Cold White Milk, Moo Milk, Real Cold Cow's Milk, Dairy Fresh White Milk, Mighty Milk, Snowy White Milk, Bone-protecting White Milk, 1% Creamy White Milk, and 1% White Moo Milk.